

# TEXAS A&M AGRI LIFE EXTENSION

Lesson 1  
Am I Losing  
My Mind?

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## Brain Power

- “Senior Moment”
- “Brain Lapse”
- “It’s Just My Age”

• There may be things you can do to help adjust to memory change!




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## Types of Intelligence



**Crystallized**

Accumulated knowledge on which a person can draw


- Vocabulary, Judgment, Wisdom, & Experience



**Fluid**

Speed and accuracy of information intake and processing

- How quickly something can be learned & recalled




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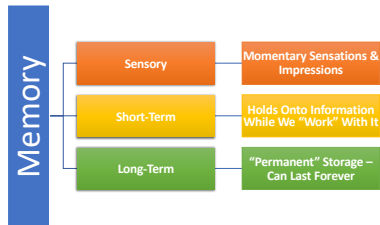
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## How Does My Memory Work?



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## Types of Learners



Auditory

Do you need to hear it?



Visual

Do you need to see it?



Kinesthetic

Do you need "do" it?

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## What Type Am I?

Finish This Sentence:

*Whenever I buy something new that needs to be put together, I usually...*

- Read the directions from beginning to end before starting.
- Read aloud or have someone read the directions aloud to me.
- Leave the directions and begin assembling immediately.

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Auditory Learner

Hearing is the primary way of learning new information

Usually leads the conversation	Learns words to songs easily	Dislikes writing	May not be able to read body language
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Could an auditory learner's memory be affected by not wearing her/his hearing aid?

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Visual Learner

Seeing is the primary way of learning new information

Watches the face of those talking	May need to write directions down to follow them	Understands body language easily	May have trouble remembering names
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Could a visual learner's memory be affected by not wearing her/his glasses?

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FINISHED FILES ARE THE RESULT OF YEARS OF SCIENTIFIC STUDY COMBINED WITH THE EXPERIENCE OF YEARS

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How many times does the letter "F" appear in the sentence above?

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## Kinesthetic Learner

"Doing" is the primary way of learning new information

Likes to touch and feel things	Has trouble standing still or sitting still	Needs to experience something "hands on" to learn how to do it
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Could a kinesthetic learner's memory be affected by change in her/his mobility/ability?

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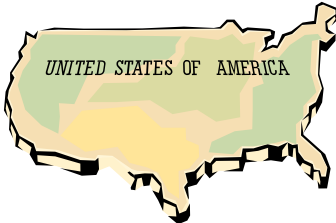
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UNITED STATES OF AMERICA

How many states in United States begin with the letter "M?"

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


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## Why Can't I Remember?

 RECALL	 EMOTION	 NUTRITION
 SLEEP	 DRUGS AND ALCOHOL	 HABITS

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The Best Learner. . .

- Blends the three types to maximize performance
- Exercising the brain to improve memory can be like exercising the body improves function

- Examples
  - Word Games
  - Brain Teasers
  - Trying New and Different Learning Methods
  - Conversation
  - Continuing Education



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Homework Time

- Think about locking a door
- Think about unscrewing a light bulb
- What other actions can you think of that will fit this activity?

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What Questions Would You Like To Ask?

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