## Week At A Glance Psychology 8-19 to 8-23 Nickel

### Day 1: Introduction to Memory

**Objective:** Understand the basic concepts and processes involved in memory.

* **Standards:** SPSPFR1 - Explain the principles of psychology and the scientific method.
* **Activities:**
	+ **Warm-up:** Discuss students' prior knowledge of memory.
	+ **Lecture:** Introduction to memory, including encoding, storage, and retrieval.
	+ **Activity:** Simple memory experiments (e.g., recall of word lists).
	+ **Homework:** Read a chapter on the stages of memory.

### Day 2: Types of Memory

**Objective:** Differentiate between various types of memory (sensory, short-term, long-term).

* **Standards:** SPSPFR2 - Describe the major domains of psychology.
* **Activities:**
	+ **Warm-up:** Review key points from Day 1.
	+ **Lecture:** Types of memory and their characteristics.
	+ **Activity:** Group discussion on examples of different types of memory.
	+ **Homework:** Write a reflection on a personal memory and classify it.

### Day 3: Memory Processes and Theories

**Objective:** Explore different theories and processes of memory.

* **Standards:** SPSPFR3 - Explain the major theoretical perspectives in psychology.
* **Activities:**
	+ **Warm-up:** Discuss reflections from Day 2.
	+ **Lecture:** Theories of memory (e.g., information processing model, levels of processing).
	+ **Activity:** Case studies on memory processes.
	+ **Homework:** Research a famous memory experiment and summarize its findings.

### Day 4: Factors Affecting Memory

**Objective:** Identify factors that influence memory, including biological, psychological, and environmental factors.

* **Standards:** SPSPFR4 - Describe the biological bases of behavior.
* **Activities:**
	+ **Warm-up:** Share findings from Day 3 homework.
	+ **Lecture:** Factors affecting memory (e.g., brain structures, emotions, context).
	+ **Activity:** Group activity on how different factors can enhance or impair memory.
	+ **Homework:** Write an essay on how a specific factor affects memory.

### Day 5: Memory Improvement and Applications

**Objective:** Learn strategies for improving memory and understand the applications of memory research.

* **Standards:** SPSPFR5 - Apply psychological principles to personal and social issues.
* **Activities:**
	+ **Warm-up:** Discuss essays from Day 4.
	+ **Lecture:** Memory improvement techniques (e.g., mnemonics, rehearsal, chunking).
	+ **Activity:** Create a memory improvement plan for a specific scenario.
	+ **Homework:** Prepare for a class presentation on their memory improvement plan.