

# Project WIN (Women In Need)

Broward Outreach Center

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# Project WIN - Introduction

- Background
  - Setting and community partnerships
  - Characteristics of population
  - Initial survey findings
- Scope of the Problem
- Goals
- Methodology
- Work-in-progress

# Introduction

The purpose of this study is to see if memory recall techniques can be used to compensate memory loss in homeless women who have suffered various types of abuse. To accomplish this objective requires that each woman be given the type of memory activity that is best suited to her needs and abilities. Upon entry, the homeless women will be given a needs assessment to identify their placement based on the three categories of skill level identified by the Broward Outreach Center.

# Scope of the Problem

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The initial survey data indicated a need for improving memory function due to physical, psychological, and emotional abuse as well as substance and alcohol abuse.

# Goals and Objectives

## **The objectives of the study are as follows:**

- Through pre-assessment tools, identify and categorize the level of *memory recall* abilities of each of the homeless women at the Broward Outreach Center.
- Design memory recall activities that will improve their memory recall abilities by at least 20%.
- The homeless women at the Broward Outreach Center will successfully complete memory tasks with 90% accuracy by the end of the study (December 2003).

# Methodology

The intervention plan will be designed to improve both the short-term and long-term memory of the homeless women. The intervention will be based on the research of Jensen (1995), Squire and Kandel (1999), Caine and Caine (2001), Dowling (1998), and Schacter (2002). In addition, the actual instruction will draw upon a variety of mathematics games utilizing the popular Project MIND – Math Is Not Difficult® teaching techniques (Su, 1999) and real world scenarios will be modified to fit the special needs of the women in our study.

## Methodology (2)

According to current research, multiple memory locations and systems are responsible for our learning and recall. We form memories by the way we think, feel, move, and experience life. Memories are stored in designated places in our brain. Based on the research findings, the researchers will:

# Methodology (3)

- Design a Client Profile Survey to access background information.
- Design an assessment (pre- and post- evaluation) that will measure the memory function checklist of the homeless women.
- Design a memory recall program that will serve the needs of the homeless women.
- Adopt Project MIND memory activities for client use

# Sample Needs Assessment Survey

The purpose of this survey is to identify the needs of homeless women who will be served at the Broward Outreach Center and whose quality of life can be improved by academic training and services provided by Project W.I.N.

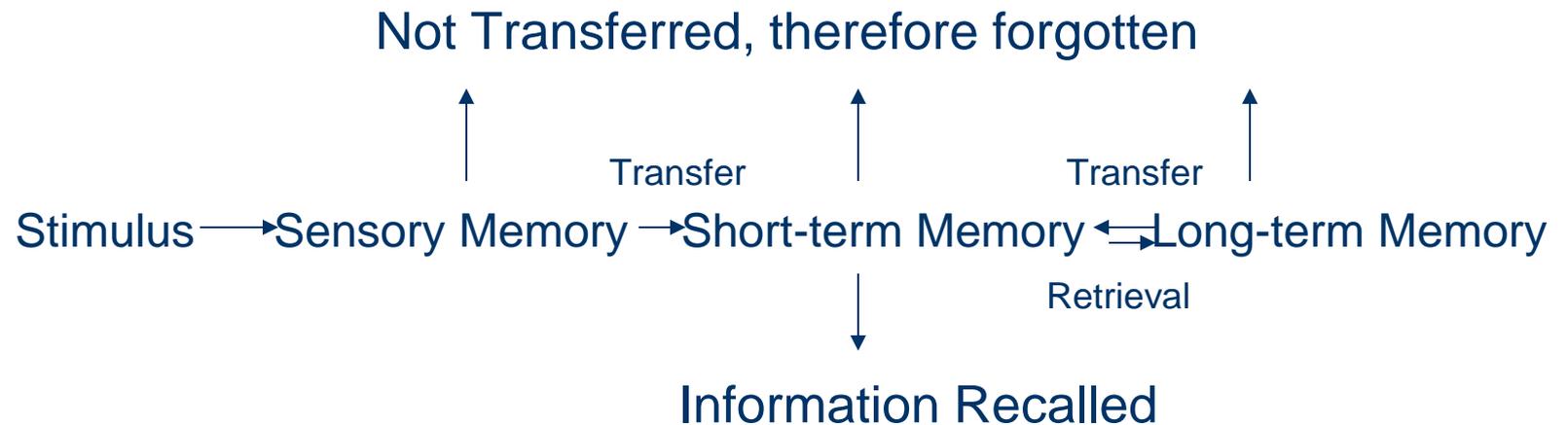
# Needs Assessment Survey

<b>1</b>	Have you ever been to a homeless shelter before?	<b>Yes</b>	<b>No</b>	<b>N/A</b>	
<b>2</b>	I am here because of alcohol dependency	<b>Yes</b>	<b>No</b>	<b>N/A</b>	
<b>3</b>	I am here because of substance abuse	<b>Yes</b>	<b>No</b>	<b>N/A</b>	
<b>4</b>	I am here because of physical abuse	<b>Yes</b>	<b>No</b>	<b>N/A</b>	
<b>5</b>	The highest grade that I have completed is:	<b>K-6</b>	<b>7-9</b>	<b>10-12</b>	<b>GED or College</b>

# Needs Assessment Survey (Cont.)

<b>6</b>	<b>Are you currently employed?</b>	<b>Yes</b>	<b>No</b>	<b>N/A</b>	
<b>7</b>	<b>Is your job full time?</b>	<b>Yes</b>	<b>No</b>	<b>N/A</b>	
<b>8</b>	<b>How many hours per week do you work?</b>	<b>0-10</b>	<b>11-20</b>	<b>21-31</b>	<b>&gt; 31 hours</b>
<b>9</b>	<b>Is English your first language?</b>	<b>Yes</b>	<b>No</b>		
<b>10</b>	<b>Have you been involved with the criminal justice system?</b>	<b>Yes</b>	<b>No</b>		

# Memory



From: *The Power to Learn* by William Campbell, 1993.

## What is the Memory Concept?

When you ask your brain to remember information that is connected and makes sense, or has a pattern or program, it can do a much better job.

# The Twelve Memory Principles

1. Selectivity – Selecting what to learn
2. Association – linking the information to something you already know
3. Visualization – picture the information in your mind
4. Effort – trying hard!

S.A.V.E.

# Twelve Memory Principles (#2)

5. Concentration –focus on what to learn
6. Recitation – repeat information verbally in your own words OUTLOUD
7. Interest – create interest in the subject
8. Big and little pictures – to recognize levels of information

C.R.I.B.

# Twelve Memory Principles (3#)

9. Feedback – self quizzing
10. Organization – logical reordering of information
11. Time on task – schedule enough time for learning
12. Ongoing review – the more review, the better!

F.O.T.O.

# Sensory Memory

Examples of Sensory Memory:

- remembering exact shades of color,
- the pitch of sounds,
- and the smell of toast and bacon and coffee in the truck stop at 4:30 am fifteen years ago, that sort of thing.

More examples . . .

# Short Term Memory

Short Term memory test:

Can you remember the letters?

1. Um
2. TZLD
3. KXCEJO
4. AVCYISEH
5. LBFQRPMAUX
6. ZQECTBUMONRV

# List for Short Term Memory Test

1. Um
2. TZLD
3. KXCEJO
4. AVCYISEH
5. LBFQRPMAUX
6. ZQECTBUMONRV

# Short Term Memory

What is short term memory?

Can you define it after your test?

# Long Term Memory

- Storage system which files away information in themes or “schemas.”
- Elaborate Rehearsal helps organize this information into themes.
- It never runs out of storage capacity.
- Long-term retrieval is the process of finding information stored in the LTM.

# Long Term Retrieval and Output

- Reviewing information on a regular basis strengthens the retrieval path. Practice makes perfect!
- Use association, reciting, summarizing, drawing, mnemonics to review information.
- Then, your output will prove that learning took place (tests, essays, math problems, etc.)

# Mnemonic

## Example of Mnemonic Acronym

Colors of the rainbow can be memorized using ROYGBIV

Or a person's name Roy G. Biv

Red, orange, yellow, green, blue, indigo, and violet

# Mnemonic Sentence

How would you remember the planets of our solar system?

Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus, Neptune, Pluto

My very educated mother just served us nine pizzas.

# Mnemonic Sentence with Rhyme

An acrostic is a phrase that uses the first letter of a word to remember it. In neuroanatomy, one of the most familiar ones is:

On Old Olympus Towering Top A Famous Vocal  
German Viewed Some Hops.

Olfactory, optic, oculomotor, trochlear, trigeminal, abducens,  
facial, vestibulocochlear, glossopharyngeal, vagus, spinal  
accessory, hypoglossal

Can you think of one?

# Mnemonic Rhyme

“Thirty days hath September, April, June and November. All the rest have 31 except February.”

What do we use this rhyme to help us remember?

# Memory Games (Game #1)

Memorize these famous cities:

1. Miami
2. New York City
3. Las Vegas
4. San Francisco
5. Houston
6. New Orleans
7. Detroit
8. Washington D.C.
9. Chicago
10. Phoenix
11. Philadelphia
12. Los Angeles

# Shopping Memory Game #2

The first player starts the shopping list by saying "I went to the mall and bought some \_\_\_\_." The player should fill in the blank with an item from the mall. For example, the player could say "I went to the mall and bought some socks." The next player must repeat the list and add a second item. For example, the second player can say, "I went to the mall and bought some socks and a tote bag" The third player must create a list using socks, tote bag and add a third item. The game continues until someone forgets one of the items.

# Number Memory Game #3

I am going to read some numbers and you have to remember as many as possible. You won't know how many numbers ahead of time that I will be reading or what range they will be in.

9 1 5 11 2 4 6 15 10 3 7 13 12 8 14

write down the numbers

Now, I will read another set of numbers and I want you to remember them.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15

write down the numbers you remember. Both sets of numbers are exactly the same.

Was the second time easier? Why?

# Eyewitness Memory Game #4

Have you ever been an eyewitness to a crime? Is your memory of the crime the same as other people's recollection? Here is a way to explore eyewitness memory.

After the visitor leaves the room, write down all the things that happened. What did you remember and what you didn't. What details do you recall? What did the visitor wear? How long was the visitor in the room? What book did the visitor take? Who did the visitor talk to? What did the visitor say? What color hat was the visitor wearing?

# Missing Object Memory Game #5

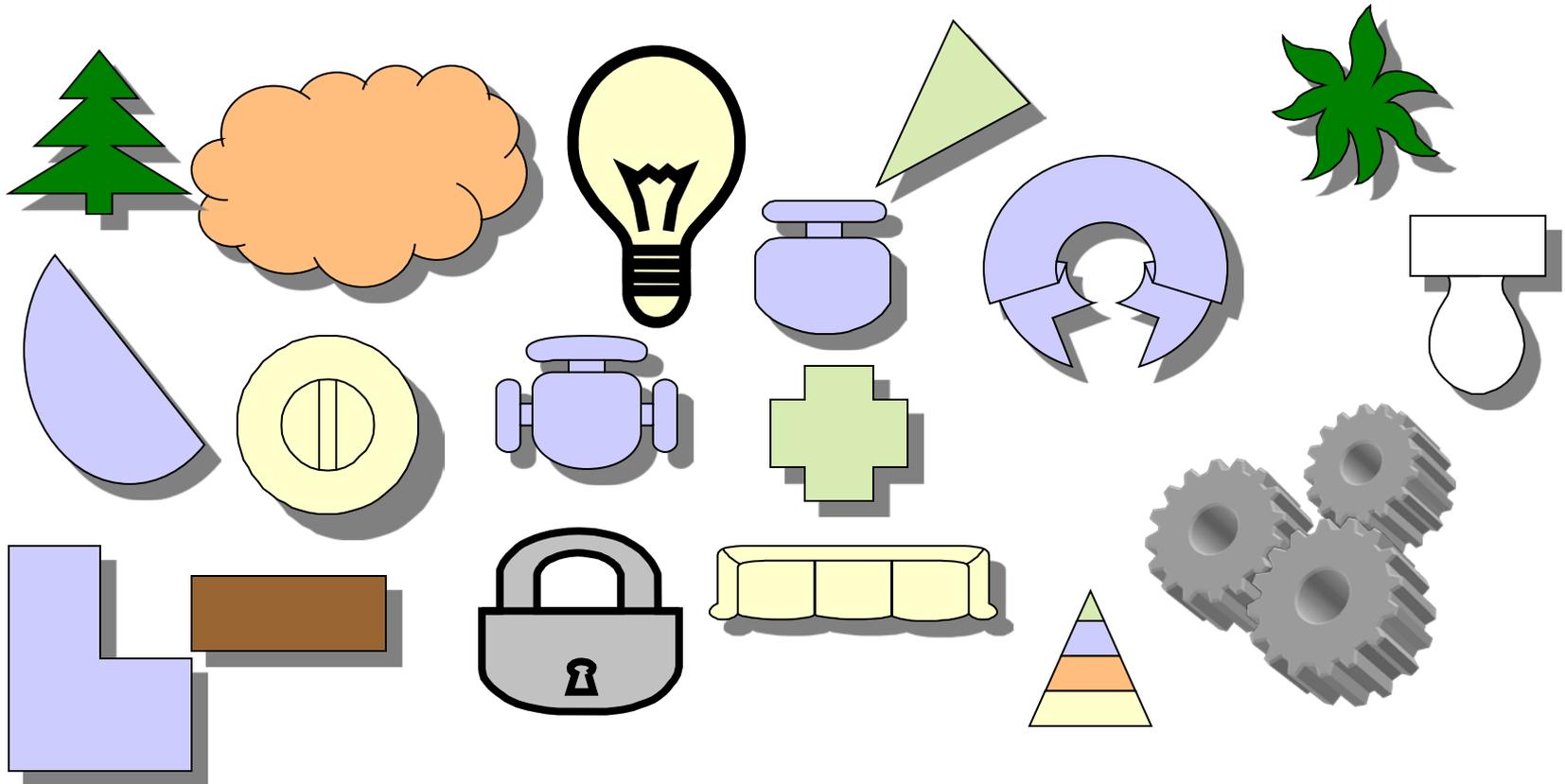
This experiment is a variation of the previous experiment to test short term memory. view the tray of items for 1 minute.

I will then cover the tray. I am going to REMOVE 1 item from the tray. "What is missing?".

I am going to let you try again, but this time I will remove 3-4 objects.

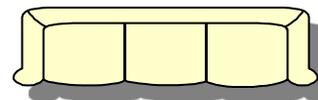
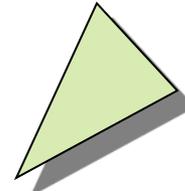
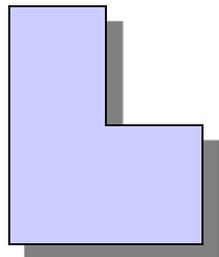
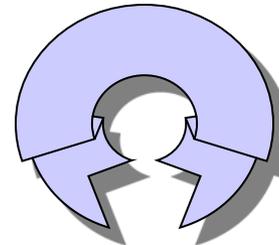
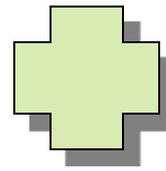
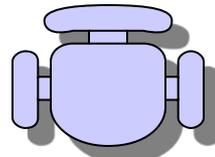
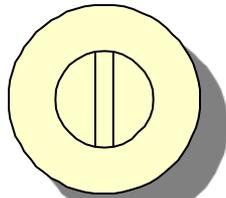
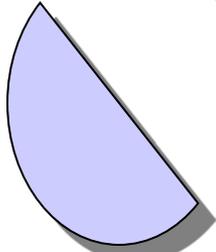
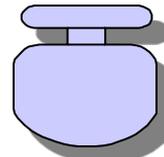
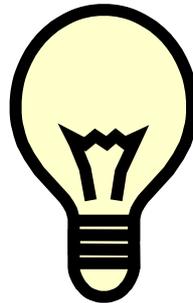
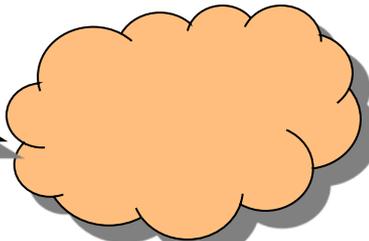
# Tray of Items

Look at these items for one minute:



# Tray of Items

What items are missing?



# Tray of Items

What was added?

