LS R006: IMPROVING MEMORY STRATEGIES

Originator
dnewlow

College
Oxnard College

Discipline (CB01A)
LS - Learning Skills

Course Number (CB01B)
R006

Course Title (CB02)
Improving Memory Strategies

Banner/Short Title
Improving Memory Strategies

Credit Type
Credit

Start Term
Fall 2021

Catalog Course Description
This course provides instruction in specific memory strategies to improve learning, remembering, and studying. This course is intended for students with learning disabilities or other memory difficulties.

Taxonomy of Programs (TOP) Code (CB03)
4930.32 - Learning Skills, Learning Disabled

Course Credit Status (CB04)
C (Credit - Not Degree Applicable)

Course Transfer Status (CB05) (select one only)
C (Not transferable)

Course Basic Skills Status (CB08)
N - The Course is Not a Basic Skills Course

SAM Priority Code (CB09)
E - Non-Occupational

Course Cooperative Work Experience Education Status (CB10)
N - Is Not Part of a Cooperative Work Experience Education Program

Course Classification Status (CB11)
Y - Credit Course

Educational Assistance Class Instruction (Approved Special Class) (CB13)
S - The Course is an Approved Special Class

Course Prior to Transfer Level (CB21)
Y - Not Applicable

Course Noncredit Category (CB22)
Y - Credit Course

Funding Agency Category (CB23)
Y - Not Applicable (Funding Not Used)

Course Program Status (CB24)
2 - Not Program Applicable

General Education Status (CB25)
Y - Not Applicable

Support Course Status (CB26)
N - Course is not a support course

Field trips
Will not be required

Grading method
Letter Graded

Alternate grading methods
Student Option- Letter/Pass
Pass/No Pass Grading

Does this course require an instructional materials fee?
No

Repeatable for Credit
No

Units and Hours

Carnegie Unit Override
No

In-Class

Lecture
Minimum Contact/In-Class Lecture Hours
52.5
Maximum Contact/In-Class Lecture Hours
52.5

Activity

Laboratory

Total in-Class

Total in-Class
Total Minimum Contact/In-Class Hours
52.5
Total Maximum Contact/In-Class Hours
52.5

Outside-of-Class

Internship/Cooperative Work Experience

Paid

Unpaid

Total Outside-of-Class

Total Outside-of-Class
Minimum Outside-of-Class Hours
105
Maximum Outside-of-Class Hours
105

Total Student Learning

Total Student Learning
Total Minimum Student Learning Hours
157.5
Total Maximum Student Learning Hours
157.5

Minimum Units (CB07)
3
Maximum Units (CB06)
3

Student Learning Outcomes (CSLOs)

	Upon satisfactory completion of the course, students will be able to:
1	Select and apply memory strategies
2	Utilize strategies which enhance textbook reading skills

Course Objectives

	Upon satisfactory completion of the course, students will be able to:
1	Define and give examples of the various theories of memory
2	Select and apply appropriate memory strategies to learn and recall material
3	Illustrate use of strategies in independent memorization of information
4	Utilize strategies to deal effectively with test anxiety
5	Practice greater organizational skills
6	Utilize strategies which enhance textbook reading skills

Course Content

Lecture/Course Content
1. Theories of memory in cognitive development
    a. Sensory Memory
    b. Short-term and working memory
    c. Long-term memory
2. Memory strategies related to
    a. Storage
    b. Recognition
    c. Recall
    d. Retrieval
3. Techniques for remembering numbers and names
4. Techniques for remembering formulas and concepts
5. Techniques for remembering text material

a. Survey
b. Question
c. Read
d. Recite
e. Review
6. Factors that inhibit memory
7. How to get the most from memory training
   a. Concentration and attitude
   b. Managing stress
8. Memory and health
   a. Nutrition
   b. Exercise
   c. Sleep

Laboratory or Activity Content

N/a

Methods of Evaluation

Which of these methods will students use to demonstrate proficiency in the subject matter of this course? (Check all that apply):

Problem solving exercises
Skills demonstrations
Written expression

Methods of Evaluation may include, but are not limited to, the following typical classroom assessment techniques/required assignments (check as many as are deemed appropriate):

Essay exams
Group projects
Individual projects
Monologues
Oral presentations
Quizzes
Research papers
Skill tests or practical examinations

Instructional Methodology

Specify the methods of instruction that may be employed in this course

Audio-visual presentations
Computer-aided presentations
Class activities
Class discussions
Distance Education
Guest speakers
Internet research
Lecture
Role-playing
Small group activities

Describe specific examples of the methods the instructor will use:

1. The instructor will share notes via projector, or posted online.

2. Guided and focused class discussions regarding best memory lifestyle choices

Representative Course Assignments

Writing Assignments

1. Weekly practice items using memory strategies in personal life
2. Weekly practice assignments from textbook relating to memory strategies
3. Daily recopying of notes using multi-colored pens to enhance visual memory
4. Weekly to-do lists

5. Weekly short essays on a variety of topics related to memory

Critical Thinking Assignments
1. Students will use research to formulate best outcome practices
2. Participate in class and small group discussions debating healthy lifestyle choices.

Reading Assignments
1. Weekly reading assignments from text book, for example, Step 4 "Get Organized"
2. Reading of supplemental handouts relating to memory theory and strategies

Skills Demonstrations
1. Students will use memory techniques and share in a presentation to the class
2. Use memory techniques to memorize material to share with the class

Outside Assignments

Representative Outside Assignments
1. Students will read chapters from the book, research information on the Internet, and complete supplemental reading.
2. Students will write research reports, conduct interviews, and prepare oral presentations.
3. Weekly short essay assignments
4. Weekly Internet inquiry to research current medical best practices to improve memory

Articulation

Comparable Courses within the VCCCD
LS V14 - Memory Power

Textbooks and Lab Manuals

Resource Type
Textbook

Description
Cynthia R. Green (1999). *Total Memory Workout* (1st). Bantam Books.

Resource Type
Textbook

Description
Robert Allen (2015). *Improve Your Memory Every Day* (1st). London Collins Brown. 1910231363

Resource Type
Other Resource Type

Description
Three ring binder.

Resource Type
Other Resource Type

Description
Week-at-a-glance calendar.

Resource Type
Other Resource Type

Description
Note cards.

Distance Education Addendum

Definitions

Distance Education Modalities
Hybrid (51%–99% online)
Hybrid (1%–50% online)
100% online

Faculty Certifications

Faculty assigned to teach Hybrid or Fully Online sections of this course will receive training in how to satisfy the Federal and state regulations governing regular effective/substantive contact for distance education. The training will include common elements in the district-supported learning management system (LMS), online teaching methods, regular effective/substantive contact, and best practices.
Yes

Faculty assigned to teach Hybrid or Fully Online sections of this course will meet with the EAC Alternate Media Specialist to ensure that the course content meets the required Federal and state accessibility standards for access by students with disabilities. Common areas for discussion include accessibility of PDF files, images, captioning of videos, Power Point presentations, math and scientific notation, and ensuring the use of style mark-up in Word documents.
Yes

Regular Effective/Substantive Contact

Hybrid (1%–50% online) Modality:

Method of Instruction	Document typical activities or assignments for each method of instruction
Asynchronous Dialog (e.g., discussion board)	Using district provided LMS students will be able to converse about topics related to Memory.
Other DE (e.g., recorded lectures)	Students will receive recorded lectures posted to district provided LMS
Video Conferencing	Students will have access to live video conferencing using programs such as Zoom.
E-mail	Students will be able to share work product or access the instructor with questions using email.

Hybrid (51%–99% online) Modality:

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100% online Modality:

Method of Instruction	Document typical activities or assignments for each method of instruction
Asynchronous Dialog (e.g., discussion board)	Using district provided LMS students will be able to converse about topics related to Memory.
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| Video Conferencing | Students will have access to live video conferencing using programs such as Zoom. |
| E-mail | Students will be able to share work product or access the instructor with questions using email. |

Examinations

Hybrid (1%–50% online) Modality
Online

Hybrid (51%–99% online) Modality
Online

Primary Minimum Qualification
LEARNING DISABILITIES, DSPS

Review and Approval Dates

Department Chair
04/15/2020

Dean
04/15/2020

Technical Review
4/22/2020

Curriculum Committee
4/22/2020

DTRW-I
MM/DD/YYYY

Curriculum Committee
5/13/2020

Board
MM/DD/YYYY

CCCCO
MM/DD/YYYY

Control Number
CCC000584492

DOE/accreditation approval date
MM/DD/YYYY