Instructions for completing the grey boxes in your mental health notes:

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Short and Long-Term Memory

1. Grab your assigned laptop and get out a set of headphones/earbuds (plug into laptop)
2. Head to the course website (use Explorer, not Chrome) and click on "Brain Rules Interactive Tutorials" under *Resources By Subject Area—Mental/Emotional Health.*
3. Select the "Short-Term Memory" icon once at Brain Rules.
4. Watch/read all the slides to complete your notes on pg. 16!
5. Repeat steps 3-4 steps for "Long-Term Memory".

Yes! Do the test with a classmate (or family member) and record your results in your notes!

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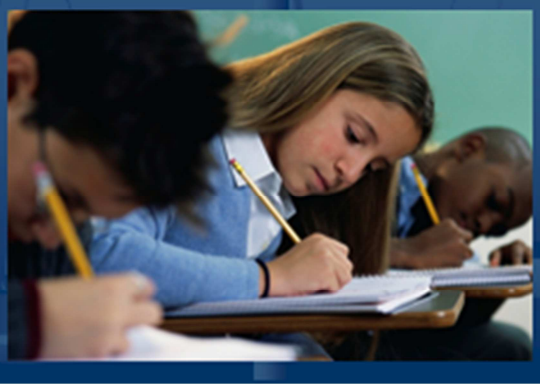
What's Your Learning Style?

While at the learning style quiz website, define the following learning styles in your notes:

- Linguistic
- Logical-Mathematical
- Visual-Spatial
- Intrapersonal
- Interpersonal
- Musical
- Bodily-Kinesthetic
- Naturalistic

Just click on any of the learning styles listed on your results page to get to the definitions and sample activities!