

“Running Brains” Memory test

Instructions

This test is divided into three sections, each designed to investigate a different dimension of your memory.

You will be timed, and please do your best not to cheat. You will have a short while to study each of the challenges on, and a set amount of time to recall the answers on the answer sheet provided to you. Fill in your results as you go along. Once you complete the test, warm-up and you are ready to run! You will uncover your strengths and weaknesses at the end of “Running Brains”

1: Symbols

Your first challenge is to remember these 16 "hobo signs" (symbols used by migrant workers in the US to communicate secretly with each other) correlated with the expressions below. You have two minutes to learn the appearance of these signs, and two minutes to describe them from memory. You get one point for each correct description, with half a point for any near-misses.

2: Objects

Now, give yourself two minutes to look at the collection of objects. Write down, in any order, as many objects as you can remember in two minutes. You get one point for each correctly recalled item.

3: Words

The next challenge tests your ability to get your head around the unfamiliar. Your task is to learn, in four minutes, 20 words. Once your time is up, you'll have two minutes to supply the words. You get one point per correct answer.