

A large, stylized graphic of a human brain in profile, rendered in a lighter shade of blue against the dark blue background. The brain's surface is textured with various shapes and lines, suggesting neural activity or memory storage.

**COGx**

# **Group Memory Enhancement**

**Program Results**

**“If this memory program was integrated into the school system, and teachers and students knew the techniques and strategies we learned, everyone would be a lot smarter!”**

**– Kevin Hatcher, Group Memory Program Student  
COGx Memory Enhancement Participant**



[www.cogx.info](http://www.cogx.info)

## Program Objectives

Teach scientific principles of successful learning while enhancing the students' ability to effectively store and recall information efficiently (improve memory).



MASTER  
MEMORY  
TECHNIQUES &  
STRATEGIES

RAISE  
METACOGNITION  
& STUDY SKILLS

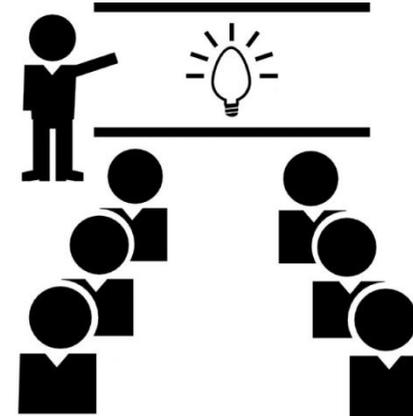
IMPROVE  
TEST TAKING  
ABILITY



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## Program Design

Six WWHS students enrolled in a 33-hour group-based memory enhancement program which lasted 11 weeks (meeting 2x/week)

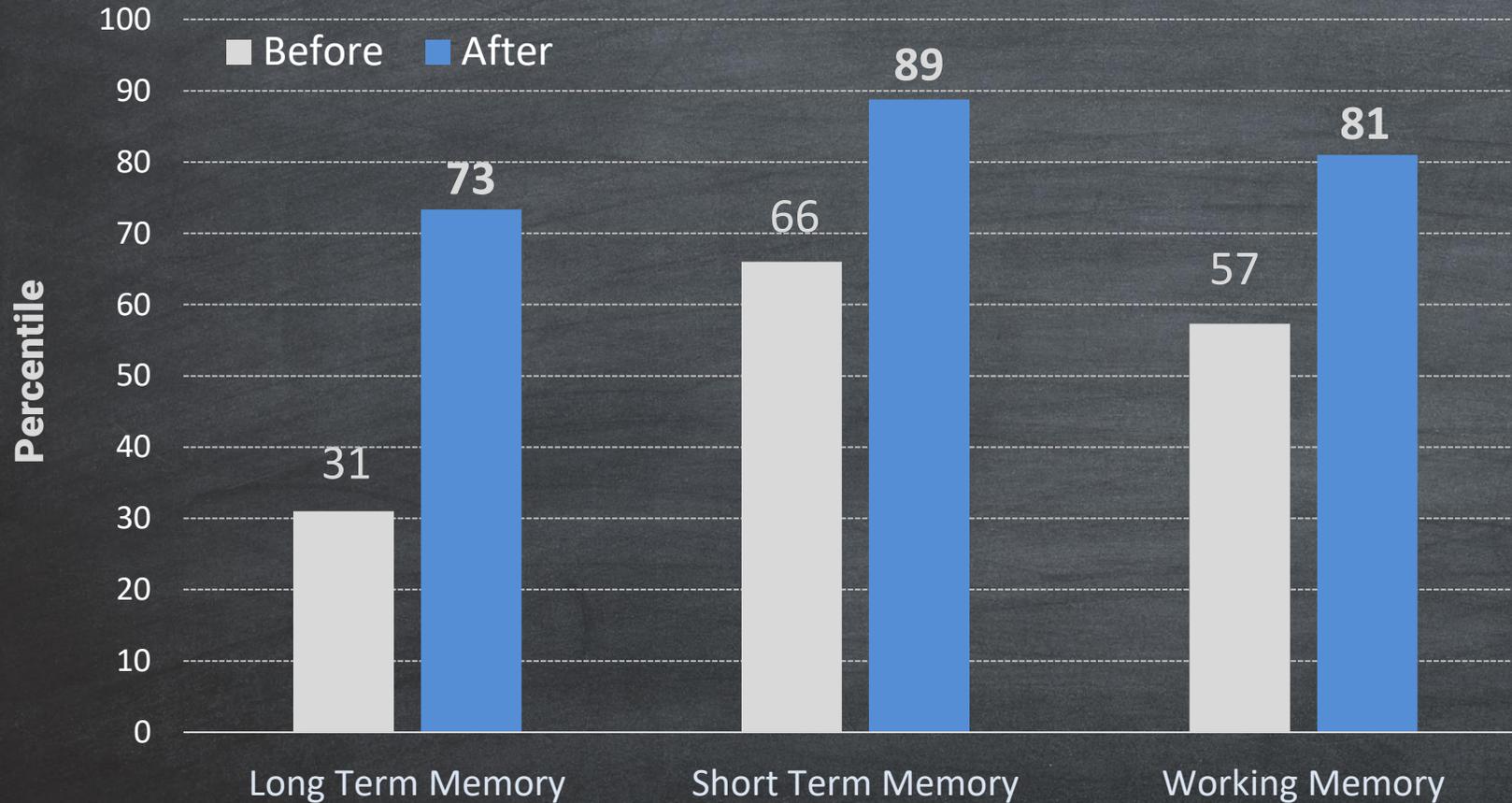


COGx professional taught exercises while explaining the science of learning.  
**Premise:** successful learning is a scientific process that must be taught and that self-directed learning can be improved.



Students formed pairs to practice master techniques and strategies for enhancing memory.  
**Premise:** peer-based instruction fosters engagement, metacognition and mastery.

# Average Gain by Cognitive Area for Group (using Woodcock Johnson III battery of tests for cognitive abilities)



42

average percentile gain for group in Long Term Memory

23

average percentile gain for group in Short Term Memory

24

average percentile gain for group in Working Memory



## 100% of parents reported:

their son or daughter benefitted from the program

their son/daughter's confidence in learning has improved

their son or daughter's memory improved

the memory program was a good investment

their son or daughter has a better understanding of how he or she learns

they recommend the program to other students and parents



# Parent Comments & Feedback



“My son said his confidence level increased when studying for tests. He looked forward to attending the sessions as he progressed through the program”

“The COGx team has been very generous with their time and answered all of my questions on phone, via e-mail, and in person. It certainly helped my understanding of the program and gave me the confidence that it is appropriate and worthwhile for my daughter to be part of it”

“My son will be able to apply most of the techniques and strategies he has learned to the rest of his high school and college classes. He’s got a great foundation now!”

“My daughter uses the techniques she learned in how she studies her courses and how she paces in her tasks”





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**Group Memory Enhancement**

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