

Name _____

The Forgetful Factor: Understanding Why We Sometimes Forget to Follow Directions

Multiple Choice Questions

1. What is one of the most common reasons for forgetting directions?
 - a) Lack of motivation
 - b) Distractions
 - c) Lack of sleep
 - d) Lack of organization

2. How can distractions affect our ability to follow directions?
 - a) They improve our focus
 - b) They make instructions more memorable
 - c) They can cause us to overlook instructions
 - d) They have no impact on our memory

3. What can you do to combat feeling overwhelmed by lengthy instructions?
 - a) Ignore the instructions
 - b) Break them down into smaller steps
 - c) Memorize all the details at once
 - d) Give up on the task

4. How can stress and anxiety impact our ability to remember and follow directions?
 - a) They have no effect on memory
 - b) They can improve cognitive functions
 - c) They can compromise our cognitive functions
 - d) They lead to better attention

5. What role does lack of sleep play in forgetting directions?
 - a) It has no impact on memory
 - b) It can improve memory and cognitive function
 - c) It can hinder memory and cognitive function
 - d) It enhances attention

