

Name _____

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

Short Answer

1. How can disorganization lead to forgetting instructions, and what tools can help you stay organized?
2. Explain how lack of interest in a task can contribute to forgetting directions, and suggest a strategy to make a task more engaging.
3. Describe a situation where stress and anxiety affected your ability to remember and follow directions. How did you handle it?
4. How can prioritizing the most important instructions help you manage information overload?
5. Share an example of a time when multitasking led to forgetting important directions. What did you learn from that experience?

