

Name _____

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

Open-Ended Response Answer Key

1. Answers may vary, but a personal experience could involve minimizing distractions by turning off notifications on a phone during a study session, ultimately leading to improved memory and concentration.
2. The most significant factor contributing to forgetting directions may vary among individuals, but one possible choice is "lack of interest" because it can significantly affect attention and memory.
3. Strategies for staying motivated and engaged in less interesting tasks could include setting achievable goals, finding the connection between the task and personal interests, or breaking the task into smaller, more manageable parts.
4. Seeking help or clarification is important because it can prevent misunderstandings and errors. An example could involve seeking a teacher's guidance on a complex math problem, leading to a better understanding of the solution.

