

Human Memory: 415 Lumosity Memory Training Information

- **What it is?** Lumosity <http://www.lumosity.com> is an online “brain” training program with a specific emphasis on improving your attention and memory. Our goal is to utilize this site as an investigation into a memory-training program with an overall goal of assessing memory improvement. We will also attempt to apply what we are learning to our work on this site. At the end we will make recommendations about the utility of the program on improving memory.

****See this description from your syllabus about Lumosity requirements:**

- You will be given a 3 month membership, starting Wednesday January 20th to access the site.
 - You are required to train at least 3 times (Monday through Sunday, pick your own 3 days) each week
 - A training calendar of your weekly progress will be made available to you on the Lumosity site. You will take a screen shot of your weekly training and submit the screen shot file to a **D2L Drop box by the end of the day 11:59 pm each Monday.**
 - Each weekly report is worth 10 points ~ 120 total points
 - At the end of the semester you will write a short-paper (about 2 pages) with a recommendation about the site’s usefulness. Paper worth 25 points.
- **What do you do first?** You will receive an email from Lumosity.com (please check junk/clutter) with information to set up your account on Lumosity.
 - **On a weekly basis you will document your training** by submitting a screen shot of your “Training History” to the D2L Drop box corresponding to that week. Each week your submission deadline will be by the end of the day on Monday. You can submit earlier if you have your 3 training sessions completed for that week. You will earn **10 points** for submitting a screen shot documenting your training. You can **miss 1** training submission; otherwise, points cannot be made up if you miss a dropbox submission.
(1st week of access begins) you must confirm enrollment (by responding to email) by January 25th for your 1st 10 points. No drop box needed just be sure you’ve enrolled. Here are the submission dates (Mondays at 11:59 pm)
 - **(1st drop box of training required)** February 1st
 - February 8th
 - February 15th
 - February 22nd
 - February 29th
 - March 7th
 - Week of Spring Break no submission due (take a break)
 - March 14th
 - March 21st
 - March 28th
 - April 4th
 - April 11th (Final week of access, last date to train is Sunday April 17th)
 - April 18th **(Final drop-box submission due)**