UCLA Longevity Center

UCLA Brain Boot Camp
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Exercises for:
Improving Attention
Look Snap Connect
Story Method

Improving Attention

Use the Look-Snap-Connect method to sharpen your attention skills.
When your attention is distracted it is difficult to remember what you saw or heard. Practicing focusing your attention will help your memory!

Picture 1

Look at this picture for 60 seconds, cover up the picture, and then try to answer the questions written on the next page.

Picture 1

1. Was the person in the picture a man or woman?

2. What color was the dog's collar?

3. What color was the dog's face?

4. What part of the person was the dog's nose touching?

5. What was the scenery in the background?

If you missed some of the answers, go back and look at the picture for another 60 seconds and try again.

Picture 2

Look at this picture for 60 seconds, cover up the picture, and then try to answer the questions written on the next page.

Picture 2

1. How many people were in the picture?

2. What color was the woman's hair?

3. What color was the man's hair?

4. What was the woman carrying?

5. In what colors was the building painted?

6. Which person was wearing glasses?

7. Were the people holding hands?

8. Did the building have any windows?

If you missed some of the answers, go back and look at the picture for another 60 seconds and try again.

Picture 3

Look at this picture for 60 seconds, cover up the picture, and then try to answer the questions written on the next page.

Picture 3

1. What kind of merchandise was sold at the market?

2. What was the man wearing over his clothes?

3. Was the man wearing a watch?

4. What color was the roof of the building in the background?

5. What color was painted on the building's wall?

6. Name two kinds of vegetables that were in the picture?

7. Did the man in the picture look more energetic or more tired?

8. What was the man leaning on?

9. How many red, green, and white patterned boxes were in the background?

10. Was the market indoors or outdoors?

If you missed some of the answers, go back and look at the picture for another 60 seconds and try again.

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**Using Look Snap Connect
To learn a list of
Unrelated Word Pairs**

Practice generating images that would help you to remember the following word pairs. Remember, the more exaggerated, dramatic, or elaborate the images, the more likely you are to remember the pairs of words.

MOON – COW

ROCK – PLATE

CAR – EGG

PUMPKIN – MOUSE

BLUEBERRY – ROAD

BALLOON – CAT

MOUNTAIN – MUFFINS

DAISY – TIRES

MONKEY - CROWN

CHICKEN – RIBBON

Here are some examples of the sentences we made to connect the above word pairs. Remember, the more outrageous the images you use to connect the words, the more likely you are to remember the word-pair.

COW jumping over the MOON.

A large ROCK dropping onto your favorite china PLATE, smashing it to pieces

A CAR – like a shining black Mercedes, with hundreds of runny EGGS on it

A gigantic, furry MOUSE sitting or perched on a bright orange PUMPKIN

Hundreds of BLUEBERRIES piled high in the ROAD

An orange tabby CAT floating above your head, with several BALLOONS tied to its body

A tall MOUNTAIN made of yummy MUFFINS

A colorful, huge DAISY in place of your hubcaps on your TIRES

A hairy MONKEY wearing a sparkling CROWN on his head

A CHICKEN wearing a bright red RIBBON around its neck

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**Let's test our recall for those
Unrelated Word Pairs**

MOON –

ROCK –

CAR –

PUMPKIN –

BLUEBERRY –

BALLOON –

MOUNTAIN –

DAISY –

MONKEY -

CHICKEN –

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Story Method - Practice at Home

Task:

Each day choose 5-10 words from one of the lists below. Try to create a story for these 5-10 words. Perhaps begin at breakfast time, and write out your story. Practice the story a few times throughout the day. By dinner, can you recall the words and story without looking? Try this each day for at least 7 days in a row.

List 1
Canary
Tomato
Hope
Bench
Harp
Coach
Fountain
Television
Tissue
Banana
Lawyer
Kite

List 2
Diamond Ring
Race Horse
Onion
Parsley
Rope
Marshmallow
Dice
Flashlight
Chocolate Brownie
Lotto Ticket
Roller Skates
Suitcase

List 3

Calculator
Chest x-rays
Photo album
Cell phone
Rose bush
Tennis shoes
Wrist watch
Maple syrup
Diamond necklace
Turtle
Lipstick
Pineapple

List 4

American flag
Palm tree
Screwdriver
Mountain lion
Green crayon
Pizza
Mini van
Cannon
Firewood
Bowling ball
Tennis racquet
Roller skates

List 5

Glasses
Table
Cigarettes
Vase
Saw
Fireplace
Tire
Bed
Chandelier
Wrench
Computer
Milk
Desk
Carrots
Television
Jacket

List 6

Toothpaste
Candle
Bucket
Match
Shampoo
Glue
Wine glass
Flypaper
Deodorant
Cup
Flare
Masking tape

List 7

Pear
Guitar
Dynamite
Garbanzo beans
Drum
Bullet
Ginger
Banjo
Gunpowder
Biscuits
Piccolo
Pistol

List 8

Hammer
Calendar
Jello
Key
Train
Mug
Light bulb
Call dog groomer
Golf clubs
Sandals
Back pack
AA batteries
Oil change for car
Bananas
Ice cream
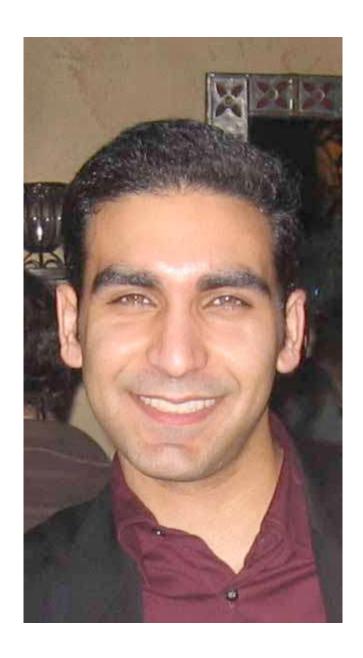Coffee
Frank Sinatra
20 dollar bill

Face-Name Mnemonic

Remembering faces and names can be challenging. Use the pictures below to practice the techniques you learned in the workshop. As a reminder, follow these three steps to develop your own face-name mnemonic.

1. Identify a prominent feature of someone's face.
2. Transform the person's name into a concrete saying or name that you can remember.
3. Form an outrageous, exaggerated image associating the facial feature with the transformed name.

Name: Roger Blatt

Name: Shawn Farrow