

## C.I.P. Peanut Butter Sandwich

Welcome to your sandwich making school. The first thing I want you to do is look at the items on the table. Perhaps you've seen them before. You'll notice a plate. Plates may be different colors, but they're always flat. Haven't you found that to be the case? Now find the jar of peanut butter. Jars often have lids. Unscrew the lid counter-clockwise to expose the peanut butter. Smell the peanut butter. Have you seen and smelled peanut butter before? You will remember that it's good to eat and good for you too. **(Sensory Memory)**

To make this sandwich you will need to focus. Focus on the sandwich in front of you instead of all the people. They are not important to the task of making a sandwich. Once you're finished, you can pay attention to them if you'd like. For now, focus on the sandwich supplies. **(Selective Attention)**

To make the sandwich, first remember a time in the past that you've seen a sandwich before. Think of the slices of bread being on the outside of the sandwich and the filling in the middle. **(Analyze the features)** Most sandwiches are like this. Can you picture it? By matching the sandwich to the **template** in your mind, you can make an accurate sandwich.

Let's think through the steps of the sandwich. You'll need your plate, utensil and basic ingredients. Then you need to open the jar and spread peanut butter across the bread. After that you need to engineer the sandwich by inverting one slice and placing it on the other evenly. You may then eat the sandwich. Finally you need to clean up before you're done.

Too many steps to remember? Here's a mnemonic device that can help you chunk the steps together and remember how to make a sandwich. They are:

**P**late

**U**tensil

**B**read

**O**pen

**P**eanut Butter

**E**ngineer and eat

**N**eat and Tidy

It spells PUB OPEN!!!

Notice that the “PUB” includes the preparation steps and “OPEN” includes the creating steps. This device will help you remember how to make a sandwich. Now whenever you want to remember how to make your sandwich, just think “I wish the pub were open so I could go down and get a sandwich” and you’ll remember PUB OPEN!

Now that you have the instructions, start making the sandwich. If you need help remembering how, refer to this paper. With enough practice this will become automatic and you can create a sandwich without instruction. **(Automaticity)**

You may need to remember how to make a sandwich in the future, so you’ll want to remember how. Pause while making the sandwich. What are you thinking about? Are you thinking about school or maybe not having enough sleep? **(Metacognition)** Perhaps instead you can think about all the sandwiches you’ve ever made before. Think of how a peanut butter sandwich is like the others, and the unique ways it is different.

When you think of making peanut butter sandwiches in the future, you may remember what you smelled and tasted. You may also remember the PUB OPEN method of sandwich making. **(Dual-Code Model of LTM)** Practice so that you will make a perfect sandwich every time!

