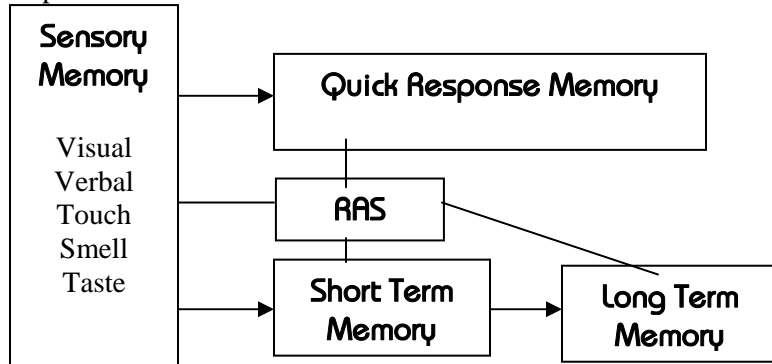




# Understand Your Memory

Memory is the basis for all learning, and you can improve your memory. Understanding how it works is the first step.



## ALERT!

A large problem for many students is the fact that they store information using the stimulus-response system. This does not improve your understanding.

**The Stimulus-response system** ⇒ used for routine memorization and quick response (that is, memorization done without full concentration). It forms the basis of habits from walking to talking. It requires repetition to create memory.

**The cognitive system** ⇒ the thinking system. It requires associations, connections and logic in order to build ideas.

## The Characteristics of Memory

### Sensory Memory

- Lasts about 1 second.
- Information selected for dominance and uniqueness.
- Can be improved using concentration and desire.

### Short Term Memory

- Lasts 60-120 seconds.
- Requires rehearsal before passing on to long term memory.
- Can be rehearsed vocally, sub-vocally, visually or kinesthetically.
- Can be improved by chunking information together.
- Can be improved by involving several senses.

### Long Term Memory

- Lasts for decades, perhaps forever.
- Details, context and synthesized overviews are stored separately, spread out along the neural pathways. Details are forgotten unless reviewed.
- Can be improved by rehearsal and making more connections.

