

Brain & memory

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Memory allows us to...



Learn from our mistakes

Remember previously learnt things



Share our information



Keep our experiences



Teach/help others



The memory process...



Encode

Encoding is a biological event. It begins with perception through our senses. If you want to remember something you have to be paying attention while learning it, as this causes the neurons to fire more quickly/frequently. That means that it's more likely to encode into your brain as a memory.

Store

Storage is pretty much a way for your brain to retain information. The more you memorise/use this information, the more likely it'll be retained/stored for long term. This is why you're told to repeat things out loud as revision for tests. Kind of like a USB!



Recall

Recall, or retrieval of memory is your brain accessing past events or information. However, your brain can only access these past events and/or information if your brain's encoded and stored it first. This is commonly known as, simply, remembering. During the recalling, your brain "replays" a pattern of neural activity, that has originally been related/generated by past events/information.

Types of memories...

There are three types of memories you can have, sensory memory, short-term memory and long-time memory. Sensory memory is when you're able to hold that memory just long enough for it to be transferred to short-term memory. It is the ability to retain parts of sensory information after the original stimuli have ended. Short-term memory is when your brain is able to remember certain information for a short amount of time. If you have a short-term memory, you may be referred to as a goldfish, as they also have short-term memory. Short-term memory is often referred to as the brain's sticky note, as sticky notes are temporary, just like short-term memories. Long-term memory is basically the complete opposite of short-term memory. It's when your brain is able to retain information for a long period of time.



Resources:

<https://www.kisspng.com/png-brain-cartoon-drawing-clip-art-1935228/>
http://www.human-memory.net/processes_encoding.html
http://www.human-memory.net/processes_recall.html
http://www.human-memory.net/processes_storage.html
http://www.human-memory.net/types_sensory.html
http://www.human-memory.net/types_short.html
http://www.human-memory.net/types_long.html



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