

To Improve Memory

2 pages | 354 words

In psychology, memory is an organism's capability to store, preserve, and then recover the same information. Generally, the classifications of memory used the sensory, short-term and long-term memories. The first two classes are only available for a short period of time compared to long-term memory which could last for a life-time.

The storage process for the brain undergoes an incident in which connections between neuron groups are strengthened. Its patterns are recorded by the brain in an occurrence called the "engram". These engrams will be stored and will remain inactive until they retrieved (Schacter, 1996). The major factor that would affect memory storage would be time; the past is always replaced by recent events and engrams not recalled are simply slipping away from the mind. Improving memory by converting information into long-term-memory can be accomplished by linking it into something that is in the memory.

One of the most popular techniques in improving memory is by the use of mnemonics. This is usually done by making associations between something that is easily remembered and one that is not. Another method would be to gather all the initial letters from the list to be memorized, and then make a single word out of it. Sometimes the word formed can be directly or indirectly related to the information aimed but it could also be unrelated at some instances, depending on the situation.

Researchers state that increasing the supply of oxygen to the brain is a good way of developing a better memory. The best way to achieve this is by undergoing proper and regular exercise. Stress should also be lessened, as well as depression. Sufficient sleeping time should also be done. A better memory can also be achieved if the individual undergoes constant intellectual activities like reading. Keeping the brain healthy will certainly help in reducing memory loss and enhances ones memory retrieval.

Reference:

Eysenck, M. (2005). *Cognitive Psychology: A Student's Handbook, 5th Edition: A Student's Handbook* (5th ed.); Psychology Press.

Schacter, D. L. (1996). Engrams: How the Brain Stores Memories [Electronic Version]. *Memory Expansion Channels*. Retrieved September 2, 2007 from <http://www.brainchannels.com/Memory/encoding/encoding.html>.

Sample Of A Memory Paper

David G. Payne, Frederick G. Conrad



Sample Of A Memory Paper:

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The Essential Guide to HTML5 Jeanine Meyer,2011-01-27 HTML5 opens up a plethora of new avenues for application and game development on the web Games can now be created and interacted with directly within HTML with no need for users to download extra plugins or for developers to learn new languages Important new features such as the Canvas tag enable drawing directly onto the web page The Audio tag allows sounds to be triggered and played from within your HTML code the WebSockets API facilitates real time communication and the local storage API enables data such as high scores or game preferences to be kept on a user s computer for retrieval next time they play All of these features and many more are covered within The Essential Guide to HTML5 The book begins at an introductory level teaching the essentials of HTML5 and JavaScript through game

development Each chapter features a familiar game type as its core example such as hangman rock paper scissors or dice games and uses these simple constructs to build a solid skillset of the key HTML5 concepts and features By working through these hands on examples you will gain a deep practical knowledge of HTML5 that will enable you to build your own more advanced games and applications Concepts are introduced and motivated with easy to grasp appealing examples Code is explained in detail after general explanations Reader is guided into how to make the examples their own

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Intersections in Basic and Applied Memory Research David G. Payne, Frederick G. Conrad, 2013-06-17 In recent years there has been increasing interaction between basic and applied memory researchers ranging from heated debates to highly productive collaborations This collection of papers based on presentations at the Third Practical Aspects of Memory conference reviews the progress as well as obstacles to progress in the ongoing collaboration between basic and applied memory researchers This volume represents the state of the art in memory research domains that straddle the basic applied divide The text is organized around three themes including theoretical and metatheoretical issues concerning the interaction of basic and applied memory research laboratory investigation of real world memory problems and solutions of everyday problems using theoretical concepts derived from basic memory research The first section illustrates why collaboration between basic and applied memory researchers should be beneficial and provides guidelines for avoiding some of the pitfalls The second and third sections present some of the most significant contemporary findings by researchers whose work is basic yet applicable or applied yet theoretically based Students and professional memory researchers will find the substantive results to be provocative and theoretically engaging making the information presented in this volume invaluable These examples of successful application will be of substantial

pragmatic value and researchers are certain to be grappling with these issues for years to come **Proceedings of 3rd International Conference on Artificial Intelligence, Robotics, and Communication** Sanjay Yadav,Yogendra Arya,Shailesh M. Pandey,Noredine Gherabi,Dimitrios A. Karras,2024-06-18 This volume comprises the select proceedings of the 3rd International Conference on Artificial Intelligence Robotics and Communication ICAIRC 2023 The content focuses on big data and cloud computing and the application of artificial intelligence robotics and engineering the Internet of Things and sensor technology Some of the topics covered include robot control perception systems dexterous manipulation robot sensing and data fusion technology architecture of IoT information analysis and processing of IoT dynamic resource supply and consumption IoT chips and sensors industrial IoT and Big Data the architecture of Big Data security and privacy of Big Data management and operation of cloud computing etc This volume will be of interest to those working in academia and industry in the fields of computation communication and engineering

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