

## **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

**SJ Ball**



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## **Table of Contents Sample Of A Memory Paper**

1. Understanding the eBook Sample Of A Memory Paper
  - The Rise of Digital Reading Sample Of A Memory Paper
  - Advantages of eBooks Over Traditional Books
2. Identifying Sample Of A Memory Paper
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Sample Of A Memory Paper
  - User-Friendly Interface
4. Exploring eBook Recommendations from Sample Of A Memory Paper
  - Personalized Recommendations
  - Sample Of A Memory Paper User Reviews and Ratings
  - Sample Of A Memory Paper and Bestseller Lists
5. Accessing Sample Of A Memory Paper Free and Paid eBooks
  - Sample Of A Memory Paper Public Domain eBooks
  - Sample Of A Memory Paper eBook Subscription Services
  - Sample Of A Memory Paper Budget-Friendly Options
6. Navigating Sample Of A Memory Paper eBook Formats

- ePub, PDF, MOBI, and More
  - Sample Of A Memory Paper Compatibility with Devices
  - Sample Of A Memory Paper Enhanced eBook Features
7. Enhancing Your Reading Experience
    - Adjustable Fonts and Text Sizes of Sample Of A Memory Paper
    - Highlighting and Note-Taking Sample Of A Memory Paper
    - Interactive Elements Sample Of A Memory Paper
  8. Staying Engaged with Sample Of A Memory Paper
    - Joining Online Reading Communities
    - Participating in Virtual Book Clubs
    - Following Authors and Publishers Sample Of A Memory Paper
  9. Balancing eBooks and Physical Books Sample Of A Memory Paper
    - Benefits of a Digital Library
    - Creating a Diverse Reading Collection Sample Of A Memory Paper
  10. Overcoming Reading Challenges
    - Dealing with Digital Eye Strain
    - Minimizing Distractions
    - Managing Screen Time
  11. Cultivating a Reading Routine Sample Of A Memory Paper
    - Setting Reading Goals Sample Of A Memory Paper
    - Carving Out Dedicated Reading Time
  12. Sourcing Reliable Information of Sample Of A Memory Paper
    - Fact-Checking eBook Content of Sample Of A Memory Paper
    - Distinguishing Credible Sources
  13. Promoting Lifelong Learning
    - Utilizing eBooks for Skill Development
    - Exploring Educational eBooks
  14. Embracing eBook Trends
    - Integration of Multimedia Elements
    - Interactive and Gamified eBooks

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