

LEARNING

DEVELOPMENT & SUCCESS

TIP #8: DO SOMETHING TO REMEMBER KEY INFORMATION

Be active! Generate examples, create mnemonics, make summary notes, identify key words, highlight textbooks or add margin notes. Improve your memory by being creative and interested.

THINGS TO CONSIDER:

- Monitor your comprehension
- Generate your own examples
- Think in pictures, colours, and shapes
- Use mnemonics
- Repetition

ACTIVITY:

Read the following passage and summarize the important pieces of information in visual form to aid in memory and comprehension. Your visual may be a venn diagram, chart, tree diagram, concept map...whatever works for you. Add colour and pictures if you feel that will help you remember the material better. There is no wrong way to do this, instead, the goal is to practice creating a tool that helps your brain better recall important course information.

What Is Learning And Memory?

Memories are the internal mental records that we maintain, which give us instant access to our personal past, complete with all of the facts that we know and the skills that we have cultivated. Encoding, storage, and retrieval are the three primary stages of the human memory process. (Forgetting may constitute the fourth stage of memory, although forgetting is technically a setback in memory retrieval).

During the encoding stage, information is sent to the brain, where it is dissected into its most significant composing elements. An ensemble of brain cells processes incoming stimuli and translates that information into a specialized neural code. In the storage phase of memory formation, the brain must retain encoded data over extended periods of time. Retrieval constitutes the right of entry into the infinite world of stored information, where we bring old information out of permanent memory back into working memory, which can be mentally manipulated for usage.

Theoretically, learning is the capability of modifying information already stored in memory based on new input or experiences. Since memory is contingent upon prior learning, the first step in memory is learning, which occurs when our sensory systems send information to the brain. Our sensory system can hold numerous items simultaneously, but only momentarily. Learning is an active process that involves sensory input to the brain, which occurs automatically, and an ability to extract meaning from sensory input by paying attention to it long enough to reach working (short-term) memory, where consideration for transfer into permanent (long-term) memory takes place.

Sensory information enters consciousness naturally in two subtypes, both of which are somewhat fleeting. Iconic memories of visual information have a duration of 0.3 seconds, while echoic memories of auditory information will last about four to five seconds. The brain shows more partiality to iconic information. Vision has a much longer history in the human experience than does the printed word. By exploiting this competency, students learn quickly when they can visualize the concept while studying, by directed use of the mind's eye, where mental pictures can be developed.

<https://brainworldmagazine.com/learning-memory-how-do-we-remember-and-why-do-we-often-forget/>