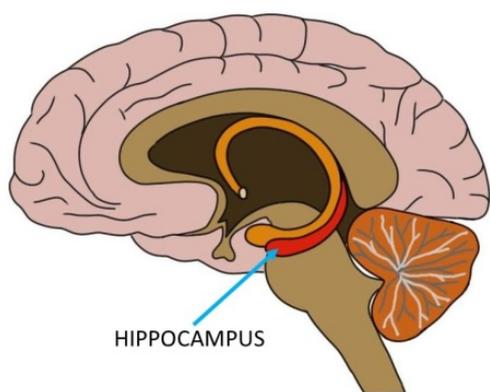




MEMORY – INTERESTING FACTS

THE HIPPOCAMPUS



The hippocampus is a horse-shoe shaped area within the temporal lobe of the brain. It plays an important role in consolidating and storing information from the short-term to long-term memory. It is part of the limbic system, associated with emotions and long-term memories. Damage to this area can impede the ability to form new memories. It is also important for spatial navigation - finding your way around.

WORKING MEMORY

This form of short-term memory is limited. Most people can hold 5- 7 items in the working memory for a few seconds. We use this type of memory when we want to hold on to information for just a short period of time and then it's discarded. We can increase this by 'chunking' (remembering information in small chunks). Examples of using working memory are: Adding up numbers in your head, or remembering a phone number, such as 420 – 451 – 711, while you key it into a mobile phone



REMEMBERING INFORMATION



Being tested on information can help you to remember it better and improves your recall. This is useful when preparing for exams or tests.

REASONS WE FORGET THINGS....

- Failure to retrieve information from the memory. If memories are not regularly retrieved, they will 'decay' over time.
- Failure to store memories in the brain in the first place. This may be due to poor attention, e.g. when you get distracted.
- Interference - memories compete with other memories.

HOW CAN I GET BETTER AT REMEMBERING?



Use **technology** to help you, e.g. mobile phones (alarms, electronic lists), downloaded apps, on-line calendars, or use an 'Alexa' or similar device to prompt you. These things can help to remember important dates and appointments and remind you to do something important.

Pause to take a **mental picture** - e.g. to help to remember exactly where you have put your keys, say out loud "I have left my keys on my desk in the living room".

Use **memorisation techniques**. Rehearsing information and using mnemonics to remember things, e.g. "I before E except after C" or "30 days has September, April, June and November"

NEW BRAIN CONNECTIONS ARE FORMED EVERY TIME A NEW MEMORY IS CREATED

Nerves in the brain make new connections with each other when new memories are formed. Changes to the connections between the nerves is associated with new learning and retention of information.

How can you strengthen the connections between the nerves in your brain? **Avoid stress, avoid drugs, alcohol and other toxins and get plenty of exercise** – this improves oxygen getting to the brain.

GET A GOOD NIGHT'S SLEEP!



There is a connection between sleep and memory. Sleep is the time when new memories are laid down in the brain and it helps to improve the retention of memories. So make sure you get those zzzzzzs!