Memory

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Memory

The aim:
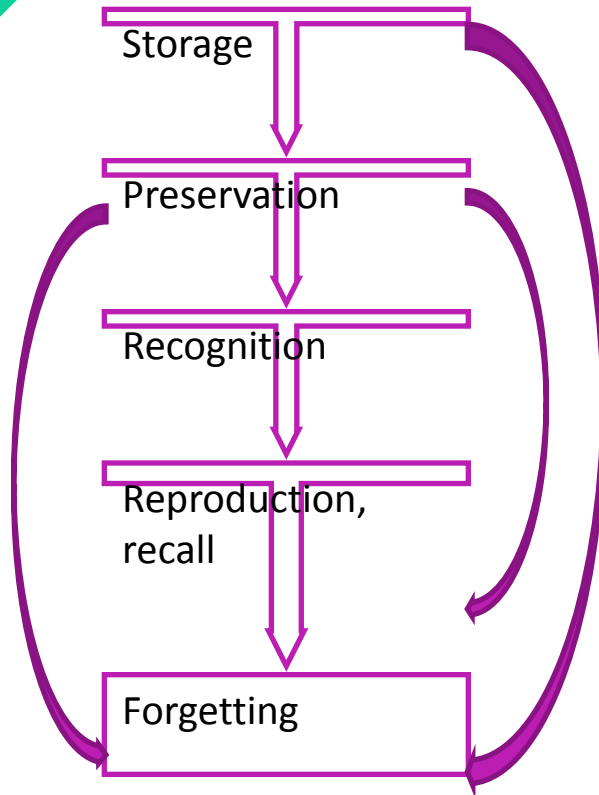
how people memorize information easy

Tasks:

✔ To find out how memory was created

✔ To find out how to train memory

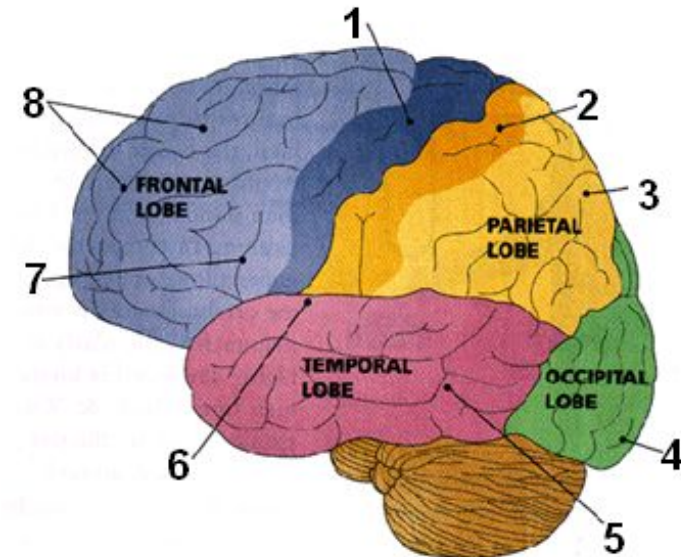✔ To find out methods of storage information

How memory made

Storage

Preservation

Recognition

Reproduction, recall

Forgetting

Processes of memory happen in all brain.
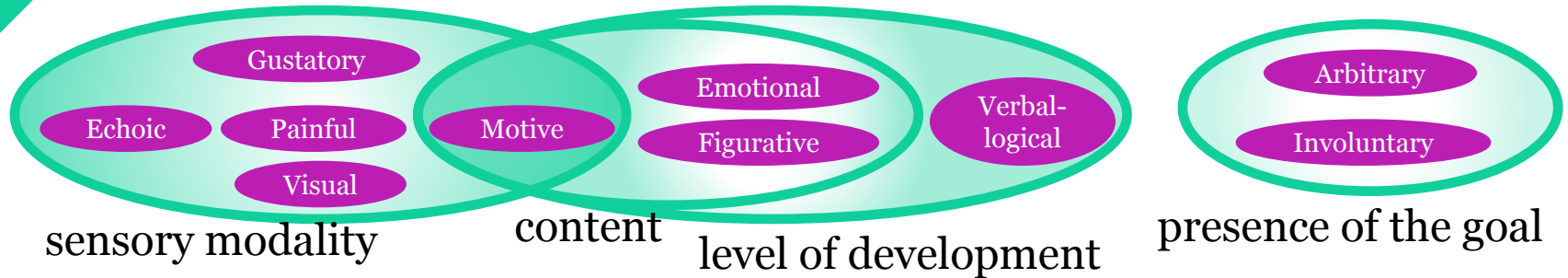
1 – motor cortex
2 – somatosensory cortex
3,8 – association cortex
4 – visual cortex
5 – wernicke's area
6 – auditory cortex
7 – broka's area

Type of memory			Cortex of the brain	Memory functions
Lasting memory	Memory of short duration		Frontal lobe	Storage motion and own speech, connection among activities
			Parietal lobe	Storage thought, sensation, speech
			Temporal lobe	Storage heart and seen (most expressed memory function is in temporal lobe)
			Occipital lobe	Connection among seen

How memory made

Gustatory

Echoic Painful

Visual

Motive

Emotional

Figurative

Verbal-logical

Arbitrary

Involuntary

sensory modality content level of development presence of the goal

physiological principles

On-lain storage

Short duration

Lasting Intermediate
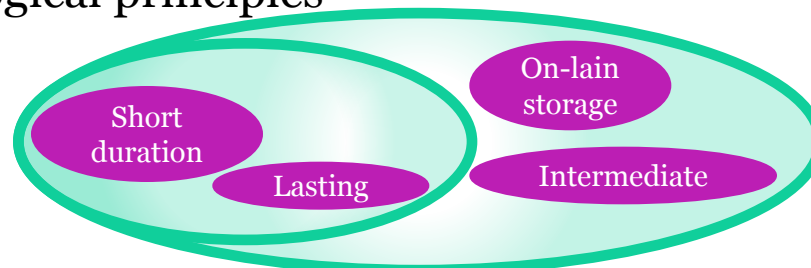
timing performances

availability of funds organization of memory
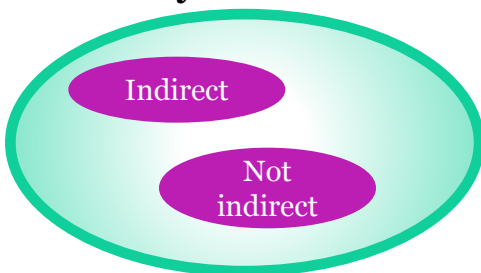
Indirect

Not indirect

Declarative

Procedural

Semantic

Episodic
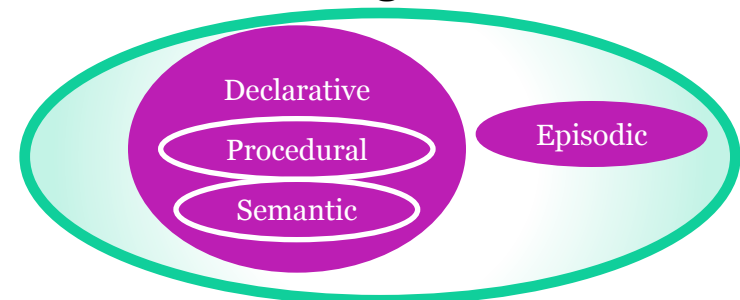
Assessing your memory

Number 1

1. Leaf	11. Medal
2. Mirror	12. Tree
3. Lamp	13. Cup
4. Sun	14. World
5. Book	15. Horse
6. Rule	16. Lemon
7. Winner	17. Tea
8. Dress	18. Snow
9. Word	19. Woman
10. Dog	20. Monday

Number 2

1. 67	11. 26
2. 48	12. 74
3. 90	13. 82
4. 21	14. 11
5. 36	15. 39
6. 75	16. 51
7. 80	17. 45
8. 14	18. 28
9. 22	19. 30
10. 99	20. 76

Alfred the Great   Elizabeth I   Eadred   Edgar "The Peaceable"   Ethelred the Unready

Eadwig   Eadmund II Ironside   Henry III   Edward III   Henry II

Number 4

Who was the "Queen of crime"? Agatha Cristie, of course, the world's best known mystery writer. Agatha Cristie was born in Devon, England in 1890, and she created many fictional detectives. The most famous are Hercule Poirot and Miss Marple. Hercule Poirot is a Belgian detective, famous for his neat appereance, his obsession with order and his use of psychology in his investigations of crimes. Miss Marple, on the other hand, is nothing like a typical detective. At first glance she is an ordinary old lady who loves knitting and gossip but she can solve the hardest of mysteries and puts many criminals behind bars.

Quantity corrects answer multiply by 5(for first and second numbers) or by 10(for third and forth numbers). Then sum up all results divide by 4.

Effectiveness of storage

100-90 – excellent memory. 90-70 – great memory. 70-50 – good memory. 50-30 – satisfactory memory. 30-0 – bad memory.

Methods of storage

Method of association

Negative side of the memory	Positive side of the memory
Difficulty can will be when you invent associations	You can invent bright association for majority words
If association don't resemble, storage of word is difficult	Bright association memorize for a long time
You invent association for terms very hard	Method takes short time

Method of first letter

For example:
My Very Educated Mother Just Served Us Nachos
(Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus, Neptune)

Negative side of the memory	Positive side of the memory
Making sentences takes a long time	Errors are not when you memorize
Children invent sentences very hard	Method is comfortable and easy, if you made phrase
If words are not familiar, when method is not work	Word memorize for a long time

Method of group

For example: 910-283-475 or 91-02-83-47-56

Negative side of the memory	Positive side of the memory
Method doesn't work with many numerals	You memorize phone number easy
You forget number, if you don't repeat	

Method of quantity

Negative side of the memory	Positive side of the memory
Invention of the words is very hard	You memorize history dates easy
Invention of the words need a lot of time	

Methods of storage

Method of placing

Negative side of the memory	Positive side of the memory
You should have some coach	Method takes short time
	Method is easy
Objects memorize for short time	Errors are rarely when you memorize
	Method work from first attempt

Method of incomplete storage

Negative side of the memory	Positive side of the memory
Method work not always.	Method takes short time

Method of learning

Duration of pause	30 seconds	1 minute	2 minute	5 minute	10 minute	20 minute	24 hour	48 hour
Quantity of reiterations	14	8	7	5	4	4	4	8

Method of connection

For example: a lamp, a horse, carrots, a box and a woman. Story: Woman sells the lamps. She sees a horse and jokey. Jokey carries box with carrots.

Negative side of the memory	Positive side of the memory
	Method is easy
	Method takes short time
	Information memorize for a long time

Negative side of the memory	Positive side of the memory
Method takes long time	Errors are never
	Method is easy and comfortable
	Information memorize for a long time
	Method is for all event

THANKS FOR ATTENTION