

Memory

EDUCATION



Memory is your brain taking in, storing, recalling, and using information.

Memories are stored in 3 different stages:

Sensory

The brain takes information provided by the senses (what we see, hear, taste, smell or feel) and holds onto it very briefly, often just a few seconds.

Short-Term

The brain holds information for a short while, but some of the information will disappear unless we make a conscious effort to hold onto it.

Long-Term

The brain stores significant events and information for a long period of time, lasting days, months or years.

5 Steps:

Attention

Focusing on one thing while ignoring others

Encoding

Analysis performed on what you need to remember

Consolidation

After encoding, storing information in long-term memory

Storage

Categorizing and organization of memories

Retrieval

Pulling the right memories from storage



Using tools to help stay focused or to remember makes learning easier and more efficient. Applying these tools is also the best way to manage memory problems that can occur while the brain is recovering from concussion.

STRATEGIES

Plan frequent breaks and use strategies to support attention. To remember something, you need to first pay attention. If you do not attend long enough it can't be stored.



Set reminders to keep on track and to stay focused.

Write it down. When you do things like taking notes or setting a calendar reminder, you can strengthen that memory and make it easier to recall when you need it.



Keep items that you usually take with you when you leave your house (i.e. wallet, phone, keys) in the same spot that is easy to see.

Use smart phone apps, a daily planner, or a calendar to keep track of what you need to do and when you need to do it.



USE INTERNAL TOOLS TO HELP INFORMATION "STICK" BETTER IN YOUR BRAIN:

Rhearsal

Repeat information – do this out loud, in your head, or in writing. Make flashcards or use a flashcard app.

Multimodal Interaction

Interacting with the information in different ways will engage more parts of your brain to help you remember it. Try writing about it, outlining it or drawing it.

Association/Elaboration

Relate new information to something you already know. This helps to solidify the memory and makes retrieving that information quicker when you need it.

Visual Imagery

Create vivid images of what you are trying to remember.

Categorization and Chunking

Break down larger pieces of information into smaller "chunks" and group similar information together.

TECHNOLOGY

- Use a to-do list app (e.g., ZenDay for iOS and Android) or calendar app (e.g., WeekCal) to help you remember important tasks. Make it a routine to review your to-do list or calendar app daily.
- Quizlet (Quizlet.com, Quizlet for iOS or Quizlet for Android) is a learning tool that helps you make flashcards for studying.
- Smart pens (e.g. Livescribe) that connect to a smartphone or tablet can help by recording audio that is synchronized with your notes. You will be able to study your notes with the associated lecture audio.

