

What is long-term memory, and how to improve it?

Cool Math Games

Under the definition of "long-term memory" in psychology, it is understood by storing and reproducing the necessary information for a long time. In biology, such memory is considered as the functioning of neurons, thanks to which the information can be stored for a long time. With the help of the hippocampus, the process occurs when short-term memory is moving into long-term. Also, the hippocampus is responsible for orientation in space. If the work of this department is broken, then the person suffers from constant forgetting.

Varieties of long-term memory

Psychologists allocate 2 types of long-term memory - implicit and explicit. The first is responsible for unconscious memorization, the second is formed from the knowledge gained by man before.

Development of long-term memory

It is impossible to light up the memory lightning, since this function is due to genetic moments. A very strongly affects the memory of a person's lifestyle. However, with the help of special exercises, you can more rationally use the memorization function: use associations to any information so that it is better delayed in your head. It is better to come up with several associations at once. You can also draw pictures in your head. When memorizing, it is necessary to concentrate on the information, otherwise it does not fall into the brain, and the memorization becomes impossible. The basis of memorization is the skill of large information blocks to share on small parts. So you will automatically arise the association. To keep the memory not, it is necessary to rest well and fully rest. Sleep an adult is recommended for at least 6-8 hours a day. Even if you have learned certain information, it is recommended to repeat it over time. Thus, the active memory method will help you for a long time to keep the necessary information in the head.

Well, new knowledge is absorbed when the studied applied in practice. One of the most popular ways is to represent the action in the head. Such an exercise should be applied with respect to each character.

Another popular method for the development of long-term memory is the cell method. It is based on the Visual Association. So, for example, a person can represent a certain item on the street or in the apartment. If you need to buy flour and bread, then you can imagine how these products lie on the windowsill or roof of the house.

You can develop long-term memory with the help of exercises. For example, you can invite him from several words to make a small story. Or you can provide Chad a set of words that it should repeat in an hour. Even if you cannot remember, it is not necessary to treat an exercise with disregard, and it

is recommended to reflect a little.

As examples of long-term memory, you can give the ability of a person to drive a car, open the door or use the stove in the kitchen. To improve your memory, you need to regularly exercise. For example, for this there is a cognitive simulator Wikium.