

Memory processes

Psychology



Memory Processes The way I use to remember things has to do with the material that must be learned. My example here is that of remembering a list of terms for a test. One method that I use is the linked method for a short list. I would link each of the parts of the list to each other. As an example, if I had a list of terms for a psychology test, I would look at a way that these terms could be linked together in some way. I would write the terms down and then recite them to myself within the framework of linking. This would also be a good way to write the terms into a story that I could memorize and use when I was using the test. Of course, this would only be used in a short list of terms. According to Mind Tools (2012) this is one of the easiest ways to remember a short list.

This method would also allow me to encode the information into my memory. This would allow me to process the information with the cues that I created during the linking process so that they were easily retrieved when I was sitting with the test. I also think this method would help if I were taking a short quiz where I needed to have information readily available. This method is an example of the theory of encoding specificity which says that a specific memory cue will be remembered longer if there is a link between what needs to be remembered and from the environment (The Human Memory, n. d.). This theory suggests that we learn through our interaction with the environment and with the cues that trigger our memory.

For some papers that I must write that have a certain structure to them, I would use a mind map. This would give me a visual way to see everything before I began to write. According to Mind Tools, a mind map gives you a shape (visual) that can be easily remembered. The mind map on the Mind Tools website was very colorful and easy to look at, which made me feel that <https://assignbuster.com/memory-processes/>

this would be an excellent way to learn. Also, because I am a visual learner, a mind map for larger projects would be a way that I could understand the material. I would have a map for reference as I was building the project. The mind map makes it easy for people who are visual to “ see” the shape in their mind and provide the information they need in the process. In this way, they are encoding the information into their memory for quick retrieval at a later time. Luu Trong & Le Thi Bich (2011) state that concept maps are a part of two different theories: Assimilation theory and Associationist Theory. Both theories suggest that there needs to be a relationship between the learning and the environment in order to create learning in the individual.

The third memory strategy that I would use is mnemonics. As an example, some people use different rhymes to remember things. The tune to the “ a-b-c” rhyme that we learned as children to remember the ABC’s in order could be used to learn other things. In learning something in order, one could use the ABC rhyme to order things easily. Amiryousefi & Ketabi (2011) found that using different mnemonics devices promoted vocabulary learning easily.

Conclusion

The different ways to help us remember creates an opportunity for students to remember what they need for a test. They can organize their work using these devices and create an opportunity to learn easier and more effectively. As people age, they may find that many of these devices help them remember more of what happens on a daily basis.

References

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