

Memory



**ASSIGN
BUSTER**

Memory is a process of storing and retention of information sent by sensory organs which is then interpreted as per the requirements of the events. It is one of the main functions of the brain which is used on a daily basis and the more it is used and manipulated, the stronger it becomes in terms of retention of information for a longer time and comprehension of the same.

The following three types of memories are discussed as below:

Episodic Memory

This type of memory is closely linked to the events and object reality of association and therefore, contextual in nature. It is for these reasons that some places and things look familiar and may trigger a sequence of recollection of events associated with that place. The explicit format of memory is more accessible because conscious and unconscious working of our mind is strongly co-related with our experience of the object reality where some sort of learning is involved. Our conscious mind understands and interprets the sensations according to the partial or total recall of the events. It is a fact that the mind is capable of retrieving images from recess even if no conscious effort was made to commit them to memory. Hence, it can be safely stated that even during the process of intentional recall of an image in some specific format, the mind can generate and explore various other properties of the same image. This type of memory is highly interactive and promotes long term learning. Whenever I go to the school playground, I am always reminded of football match which my team had won with a bang.

Procedural Memory

This is a long term memory that is intrinsically linked with the physical competencies of the persons and is also called muscle memory. Procedural

memory is associated with some definite voluntary or involuntary actions in some predefined format. In other words, with or without conscious effort, our memories are linked with some definite actions that are designed to rearrange the physical aspects of our surrounding through the movements of our body parts which is caused by the directives of the mind. Driving a bicycle or a car is a life long ability and one is able to retrieve its usage even after long time. This type of memory retains the procedures of various activities and therefore, it becomes easier for persons to do more than one work simultaneously. Students riding cycles are also able to converse freely because the memory has adjusted or defined its pathways to suit the physical activities.

Emotional Memory

Emotions significantly impact memory and therefore, this type of memory takes precedence over other types of memories. Indeed, when emotions dominate the person, his/ her memory pathways get blocked and stress hormones make it difficult for the person to remain logically alert. Emotional memory is highly critical issue in the lives of the students primarily because their performance is adversely impacted when they are under stress. A student under stressful condition would not be able to recall the information and would score low grade during examination. But it is also true that strong emotions also evoke powerful memories and often open memory pathways which may be associated with extreme emotions and thereby intensify the response. My mother never takes me to my grandmother's place because I get hysterical when I see the huge farm dogs who had nearly mauled me to death when I was a child.

(573)