

Learning and memory

Psychology



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Learning and Memory Learning and memory are two elements that depend on each other. It is through learning that a memory is developed. In order to memorize something, an individual is also obliged to learn. According to Myers, testing is one method of improving memory (Myers 29). Testing aids in determining the ability of one's mind to remember something learnt. According to him, an individual will only master information through testing his or her own knowledge. It is also evident that one is required to actively process information in order to memorize its contents (Myers 29). From the study, one can also deduce that making information your own after listening to a lecture enhances learning as well as the ability to remember (Myers 30). Additionally, it is evident that association enhances learning (Myers 238). This is as a result of different visual activities that take place when people are learning in a group.

As from what I have learnt from these chapters, I can confirm that learning is a process that required observation of some rules. As a result of this, I will occasionally involve myself in learning in order to boost my memory. In doing this, I will dedicate much of my time on my books so as to familiarize myself with what I am supposed to know. I will also be talking many questions related to the topics I will be reading in order to determine understanding as well as my memorizing ability. After reading, I will be using some of my time in processing what I have learnt through writing down some notes. Additionally, I will be part of the associations that discusses what has been learnt in class.

Work Cited

Myers, David. Exploring Psychology. New York: Macmillan Higher Education. 2014. Print.

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