Week 6 Summer Essay

[Author Name(s), First M. Last, Omit Titles and Degrees]

[Institutional Affiliation(s)]

Week 6 Summer Essay

1. Forgetfulness is a part of human nature. It is associated with myriad factors such as stress, aging, medical condition. Intrinsically, human minds are distinct in their ability to think and rationalize things. Minds are also complex in a way that the brain has one emotional part and one logical part as its constituent units. Both parts operate and behave according to the diverse situations of life. It is a common perception among people that people forget things when those things are not important for them or they find them too insignificant. However, science explains it in some other words such as anterograde amnesia or the retrograde amnesia (Myers, DeWall, 2016.). Each disease is different in their symptoms and effects. Memory is the retention of information over a long period without any failure in its retrieval. Human memory is categorized in sensory memory, short term memory, and long-term memory with each having its own functions and nature. Memory system acts as a storage place for humans, but often it fails in its function to recall information because of the several factors. First of all, the information has not been processed into long term memory from short term memory, and it could be termed as storage failure. In addition, memory failure can be due to storage decay or retrieval failure. So, our memory fails to recognize or retrieve information when there are no stimuli to remember anything. Memory often activates itself when there is automatic processing rather than effortful processing. Thus, to limit the information, lose, it is mandatory that information is rehearsed repeatedly for its storage in long term memory. Moreover, the amygdala, emotions, and memory are all connected in a way that emotions make information long lasting in minds. Whatever takes our attention, it is stored permanently in our memory.
2. Memory principles are important to reform and rectify memory failure and memory loss. Several medical and non-medical methods have originated to deal with this memory failure. There are several techniques to reform memory in everyday situations. Retaining basic information. The techniques for storing information is effortful processing strategies such as chunking, mnemonics, and spacing effect (Cohen, Nabirochkin, & Chumakov, 2018). Chunking is a technique where a person stores information in bits and pieces. Mnemonics are also a way to store information in a quick and imaginary way. In this technique, the information we want to remember is associated with some other piece of information that we already remember. In this way, the new information gets loaded with the old information and information retrieval becomes easier Furthermore, the technique of repeated rehearsal comes where information is stored and retrieved frequently, and this technique is really helpful in daily life and its diverse activities. For remembering any common information, it is necessary to utilize context-dependent memory. If a person is going for grocery, then it is easier to form him to recall every item in that particular place. This place becomes a cue for his memory and his memory is activated then. Moreover, a person can also take help from making information more related to his own self by rationalization or making it more meaningful for him. This is memory retrieves information and cures forgetfulness in people. Another technique for remembering information is by testing yourself on a regular basis. This process is significantly important for information storage and retrieval. A person can note his progress on this scale and evaluates himself. All these techniques actually assist in limiting the loss of information from human minds and cure their memories.

**References**

#### Exploring Psychology. (2019). Google Books. Retrieved 11 July 2019,

Cohen, D., Nabirochkin, S., & Chumakov, I. (2018). *Nootropic compositions for improving memory performance*.