

The Memory

introduction :

Memory refers to the psychological processes of acquiring, storing, retaining, and later retrieving information. There are three major processes involved in memory: encoding, storage, and retrieval.

Human memory involves the ability to both preserve and recover information. However, this is not a flawless process. Sometimes people forget or misremember things. Other times, information is not properly encoded in memory in the first place.

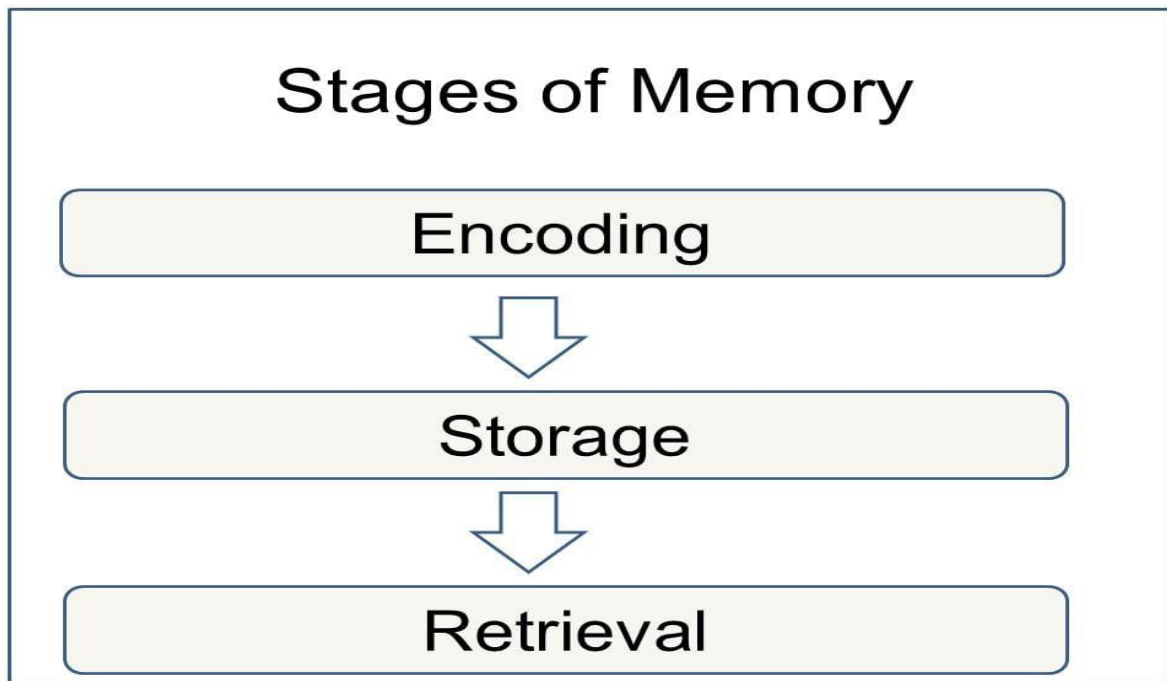
1- Definition:

Memory is an information processing system; therefore, we often compare it to a computer. Memory is the set of processes used to encode, store, and retrieve information over different periods of time.

Memory is today defined in psychology as the faculty of encoding, storing, and retrieving information, it's the capacity to store and retrieve information.

2- How memory foctiones

Memory is a system or process that stores what we learn for future use. Our memory has three basic functions: encoding, storing, and retrieving information.



3- Types of Memory

While several different models of memory have been proposed, the stage model of memory is often used to explain the basic structure and function of memory. Initially proposed in 1968 by Richard Atkinson and Richard Shiffrin, this theory outlines three separate stages or types of memory: sensory memory, short-term memory, and long-term memory.

3-1 Sensory Memory:

Sensory memory is the earliest stage of memory. During this stage, sensory information from the environment is stored for a very brief period of time, generally for no longer than a half-second for visual information and three or four seconds for auditory information.

People only pay attention to certain aspects of this sensory memory. Attending to sensory memory allows some of this information to pass into the next stage: short-term memory.

3-2 Short-Term Memory:

Short-term memory, also known as active memory, is the information we are currently aware of or thinking about. In Freudian psychology, this memory would be referred to as the conscious mind. Paying attention to sensory memories generates information in short-term memory.

While many of our short-term memories are quickly forgotten, attending to this information allows it to continue to the next stage: long-term memory. Most of the information stored in active memory will be kept for approximately 20 to 30 seconds.

3-3 Long-Term Memory:

Long-term memory refers to the continuing storage of information. In Freudian psychology, long-term memory would be called the preconscious and unconscious.

This information is largely outside of our awareness but can be called into working memory to be used when needed. Some memories are fairly easy to recall, while others are much more difficult to access.