

## YOUR BRAIN



Your memory is not a storage closet. Closets get crowded and messy. Your favourite pair of socks disappear and after you purchase a new favourite pair... there's no room for them.

Your memory is not a closet. It's a process.

This outlook on that noggin' of yours is not fixed, it's growth. Yes, many processes are difficult. Changing a tire. Running a marathon. Building that Millennium Falcon Lego set that has 7541 pieces.

But processes are not impossible.

On a conscious level, memories are pictures you see in your mind and the feelings you get from them. On a biological level, they are your neurons lighting up like sparks from a fire as they deliver messages to each other. When a series of cells are connected several times in a similar manner... a memory is created.

And guess what? That memory could be a psychological theory. The definition of **authoritarianism**. The causes of WW1. Now you're thinking... "Hey, those aren't memories. Those are facts and information."

Just the sort of things you might study.

Your brain grows more connections between neurons every time it learns something new. The more you learn, the more connections it grows.

This is what you want. It is easier to retrieve information (memories) that are grouped together. Individual pieces of information are easier to recall if they are associated with other related individual pieces of information. Remember, our brain likes to make connections and figure out how the small parts become a whole.

Once you create the memory, you need to be able to retrieve it. To do this, you need to create pathways to that information and use them. Repeatedly. Which

do you recall easier? Your birthday? Or the birthday of your friend from Grade 3 who you haven't spoken to in years? Both are information, but one you access a lot more than the other.

This is what you need to do when you study!

You are generally able to recall about 50% of new material you learn. In 24 hours, it goes down to 20%. That's 80% gone. POOF!

The key is to review and repeat. Look at the following handouts for tips and tricks on how to learn and remember what you learned.