

Assignment #3

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REFLECTIONS OF CHAPTER 6

Chapter 6 Reflection

Chapter 6, establishes some interesting reading about “Using Brain Science to Improve Memory” by Marsha Fralick seventh edition College & Career Success. This chapter addresses various objectives. I will reflect on three areas and they as follows: How does the memory work? What are some practical memory techniques based on brain science? And Why is positive thinking important for improving memory and studying? We all know that memorization is committing something or someone to memory through your cognitive neuroscience.

How does the memory work? In chapter 6 memory is either effective in short term or long term. Short term memory is often associated with a temporary process of information. It has limited capacity and the duration is short, and if the information is not quickly transferred to long term it is often forgotten. While long term memory is higher capacity and duration. The more often you practice or do something you are apt to remember that particular. There are study strategies that helps memory by repeating or reviewing the information to long term. This will help in test taking and stored memory. A key factor in memory is to repeat and review the material in study, and do this by studying and then take a break. You may want to return back to the information shortly, to build memory. Do not practice what we call a crash study, it is not effective in retaining the information. This is why you are un-easy with testing, you're not retaining the information in memory. This is not a pleasurable moment, you are unease, tense, and do not remember the material. Always remember to study and review this helps to retain information to long-term.

In addition, since we have established the views of short and long-term memory. We want to know what are some practical memory techniques based on brain science? First, we need to think positive about the materials. Second, we need to ask ourselves are you interested, are you

joyful, are you amused about learning, you must demonstrate contentment, and relax all this helps in learning. We should view learning as an adventure, because it helps in retaining the information. Develop an interest, if you are not interested you will not remember the information. If you are motivated then it will make an impact in your memory. As we are motivated with sports, stamp collecting (I am a stamp collector) etc. we pursue those things that interest us. Motivation and our attitude has a great impact on our memory. We should not be so easily disturbed about information we do not know, take a moment to avail yourself to the information. The more you take interest the more you are apt to retain the information and transfer to long-term memory by retaining the material through interest.

Overall, I have enjoyed reading this chapter about memorization. It has given me some techniques on memory and how to improve memory by taking interest in the material. One last question about memory, why is positive thinking important for improving memory and studying? Thinking positive will increase your attention towards the materials, and it will help make you memorize the material. Remember, motivation with a positive attitude will make an impact that cannot be erased from memory. Your attitude towards the materials has a great effect and affect, whether or not you will retain the materials covered or you will soon forget them. When we focus on the big picture first, we will get lost and not take interest. If you are trying to retain the reading in a book, according to Marsha Fralick, step number one is skim through the chapter headings, this helps to build a frame and before long you are able to view the total picture by reading the materials in its entirety. Thank you for your time in reading this reflective writing on chapter 6.