

Put Your Memory to Work

Has this ever happened to you? You think of something funny, so you _____ at your friends to get their attention. Then they come up to you and ask, "What's up?" Suddenly, you don't remember what you wanted to say. You worry that you might have a memory problem, but in fact, it's just how your brain works.

_____, when information gets into your brain, it is first _____ in your working memory. However, to keep your brain _____, your working memory can only hold five to nine _____ at the same time for about twenty seconds. After that, they'll be either forgotten or saved for later use.

items stored tidy To put it simply wave

"Then how do I make sure the important information is saved?" you might ask. One good way is to keep reviewing it. Studies have shown that the more the information is _____ or used, the longer you'll remember it. What's more, try grouping the information. It's true that your working memory can't hold many items, but if you group them, it'll be easier to remember them. For example, it might be hard for you to remember these _____, "p-a-c-k-a-g-e." However, if you group them into two _____: "pack" and "age," then it's easier to remember the word "_____."

letters package repeated sets

Finally, when you try to remember something, it helps to make pictures in your mind. For example, to remember how long a _____ is, you can create a picture of three "feet" that connect together.

Your memory is important in your daily life. When you're learning a _____, doing math, or even chatting with friends, you have to _____ your memory. Understanding how it works can be helpful for not only tests but also everything in life.

count on language yard