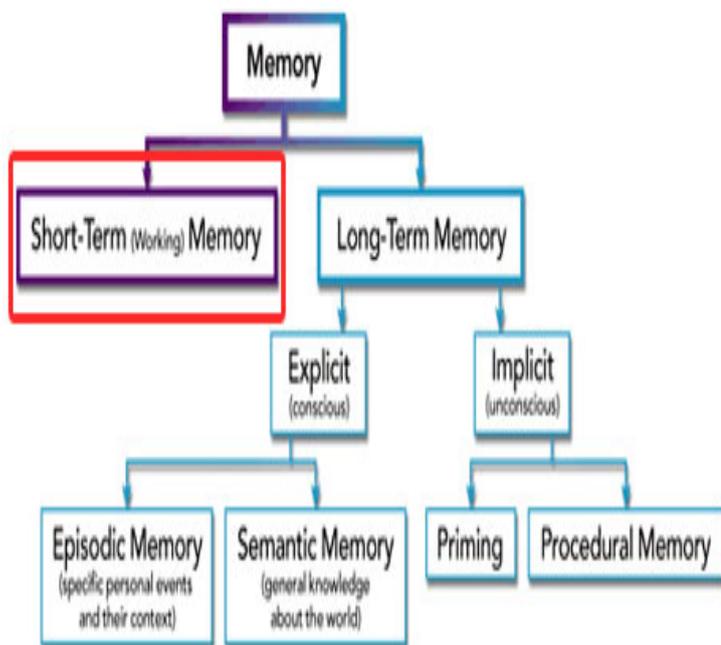


# Short-term Memory



Short-term memory (or "primary" or "active memory") is the capacity for holding, but not manipulating, a small amount of information in mind in an active, readily available state for a short period of time. Existence of a separate - Relationship with working - Capacity - Conditions. Short-term memory loss occurs when a person can remember incidents from 20 years ago but is fuzzy on the details of things that happened. Short-term memory is involved in the selection, initiation, and termination of information-processing functions such as encoding, storing, and retrieving data. One test of short-term memory is memory span, the number of items, usually words or numbers, that a person can hold onto and recall. Short-term memory is about the same as what you notice at any given moment, which is the content of your conscious experience. It is the "smallest" part of the memory system. The average span for letters was 7 and for numbers it was 5. The duration of short term memory seems to be between 15 and 30 seconds, according to Atkinson and Shiffrin (). Items can be kept in short term memory by repeating them verbally (acoustic encoding), a process known as rehearsal. Short-term memory (or short-term storage; the two are often used interchangeably) refers to retention of information in a system after information has been processed. But, what that information is and how long we retain it determines what type of memory it is. The biggest categories of memory are short-term memory (or working memory) and long-term memory. Short-term memory, in psychology, the concept involving the extremely limited number of items that humans are capable of keeping in mind at one time. Whether it's occasional forgetfulness or loss of short-term memory that interferes with daily life, there are many causes of memory loss. Improve your short-term memory by 1) boosting your brain health with the right diet, supplements, and lifestyle, & 2) using memory techniques to develop it. 23 Feb - 2 min - Uploaded by Udacity This video is part of an online course, Intro to Psychology. Check out the course here: <https://www.udacity.com/course/intro-to-psychology>. Short and Long Term Memory - Human memories are stored in short-term and long-term memory. Learn how information is retained and how repetition can help. Short-term memory is related to the primary memory of James () and is a term that Broadbent (). Short-term memory is the transient retention of information over the time-scale of seconds. This is distinct from working memory which involves a more active process. Poor short-term memory is common and frustrating. Research has uncovered these 9 unusual ways to improve the memory. Begin with a stick. Short-term memory: what is it, examples and relationship to other types of memory, assessments, disorders and rehabilitation.

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