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GOOD MEMORY. MYTHS AND REALITY

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Relevance. Memory helps make individuals who they are. Unless you have an illness or a handicap, a poor memory is often attributed to lack of attention or concentration, insufficient listening skills, and other inherent bad habits; however, it can be developed using a proper technique. A good memory is truly important for anyone to possess. Memory is like a muscle – the more it is used, the better it gets. The more it is neglected, the worse it gets. A good memory is the key to your success. That's why it's very important to be aware of how it works and to know different techniques to develop memory.

Aim: to study the phenomenon of memory; to understand how it works, to analyze the ways of forgetting things; to find the ways to improve our memory.

Materials and methods. Different medical and scientific sources, including foreign literature and websites, were explored. The BSMU students were questioned as to their opinion and attitude to some statements about our brain that are very popular myths. In addition, they were questioned on the best ways to master the course content and on the techniques they use during their learning routine.

Results and discussion. Memory refers to the processes that are used to acquire, store, retain, and retrieve information. To explain the basic structure and function of memory the Stage Model of Memory is often used. Initially proposed in 1968 by Atkinson and Shiffrin, this theory outlines three separate stages of memory: sensory memory, short-term memory, and long-term memory. The ability to access and retrieve information from long-term memory allows us to use our memories, make decisions, interact with others, and solve problems. Sometimes information is simply lost from memory, or it has never been stored properly. Sometimes memories compete with one another, making it difficult to remember certain information. There are different things that you can do to improve your memory. It is recommended to diversify the ways of learning, utilize mnemonic devices, avoid cramming. It is of great importance to test yourself, visualize concepts, pay extra attention to complicated information, not to neglect sound sleep, etc.

Conclusion. Memory is an important skill that you can develop and improve. There are many techniques you can use to develop your own ability to remember information – and then recall it when and where you need it. You have only one brain – so it is important to treat it well, give it lots of exercise, and not to take it for granted.