# Memory

**External Stimulus**

External Stimulus is something that you hear, feel, taste or see that attracts yoru attention

**Sensory Memory**

Sensory Memory holds information long enough to be processed for basic physical characteristics. The capacity is large, however, the duration of retention is very short. .3 seconds for visual and 2 seconds for auditory

no connection

forgotten

Initial Processing

Retrieval

repetition, engagement, involvement

looks for a pattern

**Short Term Memory**

Once information passes from sensory to working memory, it can be encoded (transmitted with identifiable attachments) into short term memory

Elaboration, decoding and connection*

**Long Term Memory**

Long Term Memory organizes and stores information with unlimited capacity and mostly permanent provided no physical damage is done to the brain

trigger

Response

no connection

forgotten

Short Term or Working Memory processes information actively worked on. It can hold about 7 items at once for about 30 seconds often based upon sound or speech and visual imput. Mental and verbal repetition of information allows it to remain in working memory for longer than 30 seconds

*Note: there is only one way to long term memory. Elaboration and decoding of the information that makes connections to other long term memories

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