Here's an explanation of each of the semantic HTML elements you've listed:

1. `<article>`:
   - The `<article>` element is used to represent a self-contained composition or content that can be independently distributed or reused. It could be a blog post, news article, forum post, or any standalone content.
   - Example: An article about "Top 10 Travel Destinations in 2023" on a travel website.
2. `<aside>`:
   - The `<aside>` element is used to represent content that is tangentially related to the main content. It often appears as a sidebar or additional information that is not crucial to understanding the main content.
   - Example: A sidebar containing advertisements or related links on a blog page.
3. `<figcaption>`:
   - The `<figcaption>` element is used to provide a caption or description for the content within a `<figure>` element. It's typically used in conjunction with images, videos, or other media.
   - Example: A caption below an image describing the location and date it was taken.
4. `<figure>`:
   - The `<figure>` element is used to encapsulate content that is referenced from the main content. It's often used to group images, videos, illustrations, diagrams, and similar content.
   - Example: A figure containing an infographic that explains the benefits of a healthy diet.
5. `<footer>`:
   - The `<footer>` element represents the footer of a section or page. It often contains metadata, copyright information, contact details, and other information relevant to the content.
   - Example: A footer with copyright information, links to terms of use, and social media icons.
6. `<header>`:
   - The `<header>` element represents introductory content at the beginning of a section or page. It usually contains a heading, possibly a logo, and navigation links.
   - Example: The header of a website containing the site logo, main navigation menu, and a hero image.
7. `<mark>`:

- The `<mark>` element is used to highlight text within the content for emphasis or reference. It's often visually rendered with a background color.
- Example: Highlighting important keywords or phrases in a research paper.

8. `<nav>`:
- The `<nav>` element represents a section of navigation links that provide access to other pages or sections of the website.
- Example: The main navigation menu at the top of a webpage containing links to Home, About Us, Services, and Contact.

9. `<progress>`:
- The `<progress>` element represents the progress of a task, such as file uploads or downloads. It's presented as a visual progress bar.
- Example: Displaying the progress of a user's file upload on a file-sharing website.

10. `<section>`:
- The `<section>` element represents a thematic grouping of content that forms a coherent block within the document.
- Example: Dividing an article into sections like Introduction, Methodology, Results, and Conclusion.

11. `<summary>`:
- The `<summary>` element is used within a `<details>` element to provide a summary or label for the hidden content that can be revealed.
- Example: A summary that briefly explains what the hidden content contains in an FAQ section.

12. `<time>`:
- The `<time>` element represents a specific time, date, or duration. It's used to mark up date and time information for browsers and assistive technologies.
- Example: Displaying event dates and times, such as "August 22, 2023, 3:00 PM."

By using these semantic elements, you provide clearer structure and meaning to your HTML content, making it more accessible and understandable for both users and search engines.