# **Learning Journal - Unit 4**

Computer Science, University of the People

PSYC 1504-01 Introduction to Psychology - AY2024-T4

Instructor, Joe Juarez

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**The connection between memory and inteligence**

Memory and intelligence are like two peas in a pod, and both represent the base of all psychological study. We use memories to store information and data in our minds for later use. While intelligence is our ability to apply our prior knowledge and skills we have acquired. Good memory skills are important to cognitive functions like reasoning, problem-solving, and understanding which are all integral parts of intelligence.

In my opinion and experience the connection between intelligence and memory becomes most apparent in learning and educational contexts. For example, when studying and preparing for an exam, we need to use both our memory to remember the facts and details and be able to recall them accurately while also understanding the data and making our own observations and understandings of the subjects. This allows us to rely on both during an exam so that when we are given a question or task that was not memorized, we can use the collection of memories and mixed with our intelligence we can stipulate and find the answer. In programming I need to remember lots of basic functions and algorithms, but when presented with a question that I don’t have a direct memory that solves it I can still use what I do remember to stich together a solution based on past experiences and knowledge.

Methods to enhance memory:

1. Elaborative rehearsal, this method involves creating connections between the new information to an existing memory. By creating this connection, the new memory is given importance and meaning making easier to recall when needed. For example, when learning a new psychology subject, I try to find a personal or real-life example of the subject to help me connect with the subject.
2. Mnemonic devices, this tool is based around creating acronyms, rhymes, and even visualizations connected and involving the subject in hand. For example, a good acronym to remember and implement in the world of programming is ‘DRY’ which stands for ‘Don’t Repeat Yourself’. This method is especially useful when the need to remember a long list of items is needed, like ‘My Very Educated Mother Just Served Us Nine Pizzas’ which represents the planets in the solar system ‘Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus, Neptune, and Pluto (if you include the dwarf planet)’.
3. Sleep hygiene, there are lots of studies that revolve around the relationship between good sleep and good memory. Making sure we have enough quality sleep has proven personally to be beneficial, especially when I have long workdays and still need to complete my studies. After a good night’s sleep, I find myself mentally reorganized and able to think clearer.

In conclusion, the connection between memory and intelligence is a tight connection. Each one builds on and improves the other. Different methods exist to help improve and strengthen memory, like mnemonic devices, elaborative rehearsal, and good sleep practices. These methods not only strengthen memory, but also help boost and improve our cognitive abilities connected to intelligence. I personally have found these tools useful and seen the fruits of using them firsthand.

## References

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