**Learning Journal Unit 4**

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**Memory and Intelligence: An Exploration**

Memory and intelligence are intricately connected, as memory serves as the foundation for learning and problem-solving, key components of intelligence. Intelligence relies on the ability to store, retrieve, and apply information effectively. For instance, working memory—a critical aspect of memory—plays a pivotal role in cognitive tasks like reasoning, decision-making, and language comprehension. Without the ability to recall prior knowledge or experiences, it becomes challenging to engage in complex intellectual activities.

In my own experience, memory has been crucial in academic and professional settings. For instance, during my university days, preparing for exams required not just memorising facts but also understanding concepts and applying them to solve problems. Efficient recall allowed me to link various ideas together, enabling critical thinking and deeper comprehension. Similarly, in professional scenarios, recalling previous projects, technical solutions, or lessons learned aids in making informed decisions and tackling new challenges.

Memory supports not only academic and professional intelligence but also emotional and social intelligence. For example, remembering a colleague’s preferences or recalling past conversations strengthens relationships and fosters effective communication, both of which are markers of emotional intelligence.

**Strategies to Enhance Memory**

To optimise memory and, in turn, support intellectual capabilities, I employ the following strategies:

1. **Active Engagement and Elaboration**  
   Actively engaging with material rather than passively reading enhances retention. For instance, when learning new concepts, I rephrase them in my own words or teach them to someone else. This process of elaboration creates stronger neural connections, making the information easier to retrieve later. Research shows that elaborative encoding improves both short-term and long-term memory retention (Brown et al., 2014).
2. **Use of Mnemonics and Visualisation**  
   Mnemonics, such as acronyms or rhymes, simplify the process of remembering complex information. For example, to recall the order of mathematical operations (Parentheses, Exponents, Multiplication/Division, Addition/Subtraction), the mnemonic "PEMDAS" is highly effective. Additionally, associating information with vivid mental images or familiar locations (the method of loci) further strengthens recall by leveraging the brain’s ability to store spatial and visual information.
3. **Spaced Repetition and Active Recall**  
   Revisiting information at intervals over time (spaced repetition) consolidates memory. This technique, supported by Ebbinghaus’s forgetting curve, combats the natural tendency to forget by reinforcing neural pathways. Similarly, practising active recall—testing oneself rather than rereading material—has proven to be a powerful strategy for enhancing long-term retention. I frequently use flashcards and self-quizzing to embed information deeply.

The relationship between memory and intelligence is foundational; effective memory enhances intellectual functioning by providing the tools to learn, adapt, and solve problems. By employing strategies like elaborative learning, mnemonics, and spaced repetition, I aim to not only improve my memory but also bolster my overall intellectual abilities. In a world that demands constant learning and adaptability, refining memory techniques is essential for personal and professional growth.

**References**  
Brown, P. C., Roediger, H. L., & McDaniel, M. A. (2014). *Make it stick: The science of successful learning*. Harvard University Press.

Ebbinghaus, H. (1885). *Memory: A contribution to experimental psychology*. Dover Publications.