# Memory

## What is memory

**# Source**: **Chatgpt (GPT-5-Standard) at [9/20/2025]**

In **cognitive skills**, **memory** is the mental ability to **encode, store, and retrieve information** when needed. It is a fundamental cognitive function that allows humans to learn from experiences, recognize patterns, and make decisions based on past knowledge.

Memory can be understood in terms of **types** and **processes**:

## Processes of Memory

**# Source**: **Chatgpt (GPT-5-Standard) at [9/20/2025]**

* **Encoding:** Transforming information into a form that can be stored.
* **Storage:** Keeping information in the brain over time.
* **Retrieval:** Accessing and using stored information when needed.

## Types of Memory

**# Source**: **Chatgpt (GPT-5-Standard) at [9/20/2025]**

* **Sensory Memory:** Very short-term, holds sensory impressions for a few seconds.
* **Short-Term Memory (STM) / Working Memory:** Holds information temporarily for tasks like problem-solving or comprehension (seconds to minutes).
* **Long-Term Memory (LTM):** Stores information for extended periods, from hours to a lifetime. Subtypes include:
  + **Explicit (Declarative) Memory:** Facts and events you can consciously recall.
    - *Episodic:* Personal experiences
    - *Semantic:* General knowledge
  + **Implicit (Non-declarative) Memory:** Skills and tasks performed automatically, like riding a bike or typing.

## Purpose of memory

**# Source**: **Chatgpt (GPT-5-Standard) at [9/20/2025]**

The **purpose of memory** in cognitive skills is essentially to **help us function effectively in daily life and learn from experiences**. More specifically, memory serves several key purposes:

**1. Learning**

* Memory allows us to **retain information and skills** we have learned, so we can apply them later.
* Example: Remembering multiplication tables or how to drive a car.

**2. Decision Making and Problem Solving**

* By recalling past experiences and knowledge, memory helps us **make informed choices** and **solve problems**.
* Example: Using past experiences to avoid repeating mistakes.

**3. Identity and Continuity**

* Memory contributes to our sense of **self** by storing personal experiences and knowledge about the world.
* Example: Remembering your childhood, relationships, or achievements.

**4. Communication and Social Interaction**

* Memory allows us to **remember names, faces, language, and social norms**, which are crucial for interacting with others effectively.

**5. Planning and Future Thinking**

* By remembering past events and outcomes, memory helps us **predict and plan for the future**.
* Example: Remembering how long a task took previously to schedule it efficiently.

✅ **In short:** Memory exists so we can **learn, adapt, communicate, and make decisions** based on past experiences.

## Summary

**# Source**: **Chatgpt (GPT-5-Standard) at [9/20/2025]**

In short, **memory is the brain’s way of keeping track of knowledge and experiences**, which is essential for thinking, learning, and adapting.

keeping track Here means **recording, storing, or remembering information and experiences** so the brain can use them later.

Basically, “keeping track” = **not forgetting and being able to access information when needed**.