

## **TYPES OF MEMORY**

**Working memory** is a system responsible for temporarily holding and manipulating information necessary for complex cognitive tasks such as learning, reasoning, and comprehension.

It involves active manipulation of information, such as mentally rehearsing a phone number while dialing it or solving a math problem.

### **Long-term Memory (LTM):**

**Long-term memory** is the storage of a limitless amount of information over an extended period, ranging from minutes to years or even a lifetime.

It's often divided into two subtypes: declarative (explicit) memory, which includes facts and events, and non-declarative (implicit) memory, which includes skills, habits, and conditioned responses.

### **Semantic Memory:**

**Semantic memory** refers to a subcategory of long-term memory that encompasses general knowledge about the world, including facts, concepts, and meanings.

It allows us to recall information like the capital of a country or the definition of a word.

**Episodic memory** is another subcategory of long-term memory responsible for the recollection of specific events, experiences, and autobiographical details tied to a particular time and place. It allows us to remember personal experiences, such as a birthday party or a vacation.

### **Procedural Memory:**

**Procedural memory**, a type of non-declarative memory, involves the retention and recall of skills and procedures, such as riding a bike, typing on a keyboard, or playing a musical instrument.

It operates largely outside of conscious awareness and is developed through practice and repetition.

### **Academic Memory:**

**Academic memory** refers to the storage and retrieval of information specifically related to academic pursuits, such as facts learned in school, concepts from textbooks, or historical events.

It involves the encoding of information through study and rehearsal to facilitate later recall during exams or assignments.

## **Permanent Memory:**

**Permanent memory** implies information that is retained indefinitely, either consciously or unconsciously, without significant decay over time.

While some memories may fade or become less accessible, others may persist throughout one's lifetime.