Commentary on sensory encoding.

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Commentary

Semantic encoding is the process of encoding sensory input that has a specific meaning or context. This could entail recalling thoughts, ideas, meanings, and dates, among other things. Things with semantic encoding are simpler to remember than those with non-semantic or shallow encoding.

Semantic encoding is a sort of encoding that encodes the meaning of anything (a word, phrase, picture, event, or whatever) rather than the sound or visual of it. According to research, we remember things better when we link meaning with them and store them using semantic encoding.

Each of us has a sensory system that we prefer to use for information encoding. For example, some people remember information better when it is stored visually; others prefer auditory encoding, touch, feel, and emotion encoding, or even encoding by smell or taste for some sorts of information.

We all use all of the systems in reality; it's simply that we have preferences. Experimenting to determine which sense you prefer – visual, aural, or touch/feel – and then concentrating on strategies that use that sense is one strategy to improve your memory skills.

Visual

- Encoding and retrieval of information can be done in a variety of ways.
- Associating concepts with visual imagery is a useful method.
- Include diagrams, charts, graphs, and tables in your presentation.
- Take a mental picture of a page, paying attention to the titles, layout, and any images.
- Make use of mind maps or any other type of idea web.
- Create cartoons or other images to go along with the material.
- Draw mental images on your mental blackboard; the more spectacular these images are, the better.

- Take down notes. This not only allows you to practise (repeat) the material, but it also allows you to see how it appears on the website (developing a visual memory that you may be able to retrieve later).

You'll also discover that putting the images in a specific physical area in your mind's eye helps them stay there longer. Many people prefer to use up and to the left, while others prefer up and to the right. Find out what works best for you.

Feel free to touch and feel

This sort of encoding is used for physical tasks such as riding a bike, knitting, and typing on a computer. We practise a task until it is "in the muscle," and then we can perform it without thinking about it. Consider the intricate choreography of dancing, as well as the many hours of practise that go into embedding and decoding the movements into muscle memory.

Emotions are frequently used as memory triggers, however this is less effective for intentional encoding while memorising information.

Encoding in memory

When information enters our memory system (through sensory input), it must be converted into a format that the system can understand in order to be stored.

Storage of memory

This refers to the nature of memory stores, such as where data is stored, how long it lasts (duration), how much data can be saved at any given time (capacity), and what kind of data is stored.

Retrieval of memories

This relates to retrieving data from storage. It's possible that we can't remember anything because we can't recover it. The distinctions between STM and LTM become quite evident when we are asked to retrieve anything from memory.

Memory experiments: Criticisms

Experiments in laboratories account for a significant portion of memory research. The participants in the experiments are asked to complete tasks such as recalling lists of words and numbers.

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