



SUMMER SELF-CARE

Week 1 • June 23, 2021 • Corinne Cannavale, BS

Understanding How Memory Works

This week's takeaways

1. The primary center for learning and memory is the hippocampus.
2. The hippocampus is also responsible for creative thinking, spatial navigation, pattern separation, and episodic memory
3. Studies with patients with hippocampal damage give us a foundation to build upon when studying memory
4. Exercise, sleep, and healthy diet can all help promote memory function

Multiple Memory Systems

Episodic Memory

- Recalling an event, your past, or an experience

"The last vacation I took, my family went to Florida. We went to 4 different theme parks while we were there!"

Semantic Memory

- Recalling specific, factual information

"Joe Biden and Kamala Harris are the President and Vice President of the United States in the year 2021"

Procedural Memory

- Non-declarative memory for specific tasks without **conscious** recollection i.e. Riding a bike, playing an instrument, swimming