

The procedure is actually quite simple. First you arrange things into different groups. Of course, one pile may be sufficient depending on how much there is to do. If you have to go somewhere else due to lack of facilities, that is the next step; otherwise you are pretty well set. It is important not to overdo things. That is, it is better to do too few things at once than too many. In the short run this may not seem important, but complications can easily arise. A mistake can be expensive as well. At first the whole procedure will seem complicated. Soon, however, it will become just another facet of life. It is difficult to foresee any end to the necessity for this task in the immediate future, but then one never can tell. After the procedure is completed, one arranges the materials into different groups again. Then they can be put into their appropriate places. Eventually they will be used once more and the whole cycle will then have to be repeated. However, that is part of life.

It turns out that people's memory for this information is quite poor, unless they have been told ahead of time that the information describes "doing the laundry," in which case their memory for the material is much better. This demonstration of the role of schemas in memory shows how our existing knowledge can help us organize new information, and how this organization can improve encoding, storage, and retrieval.

The Biology of Memory

Just as information is stored on digital media such as DVDs and flash drives, the information in LTM must be stored in the brain. The ability to maintain information in LTM involves a gradual strengthening of the connections among the neurons in the brain. When pathways in these neural networks are frequently and repeatedly fired, the synapses become more efficient in communicating with each other, and these changes create memory. This process, known as long-term potentiation (LTP), refers to *the strengthening of the synaptic connections between neurons as result of frequent stimulation* (Lynch, 2002).^[15] Drugs that block LTP reduce learning, whereas drugs that enhance LTP increase learning (Lynch et al., 1991).^[16] Because the new patterns of activation in the synapses take time to develop, LTP happens gradually. The period of time in which LTP occurs and in which memories are stored is known as the period of *consolidation*.



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Zhe Xu



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