

Yosyfv Victoria,

Research supervisor: Revasevych Iryna,
Candidate of Psychological Sciences, Associate Professor
Language tutor: Tetiana Piatnychka,
Candidate of Philological Sciences, Associate Professor
Ternopil National Economic University

MYSTERY OF MEMORY

Researchers consider memory a process, and when you remember you are actually reconstructing the event from bits of information stored in various parts of the brain. In the past, it was thought that all memory was in the brain. However, Gazzaniga (1988) reports that memory occurs throughout the nervous system. So every thought we have is “felt” throughout entire body. Thus when the chemicals are activated in the brain, the message is communicated to every part of the body that allows cells to communicate by remote travel using blood and cerebrospinal fluid.

Stress Erodes Memory. Excessive stress and obesity produce an over-production of a complex set of stress hormones that damage and destroy neurons in the brain’s region critical to learning and memory. One really good way to burn off excess stress hormones is through exercise. So for those experiencing particularly high stress levels exercise is not only beneficial, it is necessary. What are the Characteristics of Memory? *Sensory* – we remember things that involve our five senses. So, the more senses that get activate, the easier it will be to recall. *Intensity* – when something is more intensely funny, sexual, absurd, etc. it tends to stand out in our memories. *Outstanding* – things that are dull and unoriginal are more difficult to remember because there is nothing to distinguish them from all the other memories. *Emotional* – when something happens that has high emotional content – positive or negative – we tend to remember it more easily. *Survival* – anything we perceive as important to survival we will remember more easily. It’s not just physical survival. Survival can include emotional survival, psychological survival and financial survival. *Personal importance* – we naturally remember things that interest us and that have some personal importance. *Repetition* – the more often we recall information, the better we get at recalling on demand. *First and last* – the brain most easily recalls things from the beginning and the ending of any session or lecture.

What are the Keys to Memory? Visualization. Association. Imagination.

Why do we forget? It could be that we never stored the information properly in the first place. It could be because there was not enough emotion or personal importance connected to the information to make it stick. It could be that it was so emotionally traumatic that the mind suppressed it in order to maintain normalcy. The subconscious remembers everything. So everything we experience can be stored. However, the conscious mind would get overloaded trying to process all the incoming bits of data on a daily basis. Instead, all the information goes into the subconscious for storage and we may never deal with it, except if the mind chooses to process it at night through dreams. Or, if we go for clinical hypnosis, through which a therapist assists in accessing information or memories the conscious mind has “forgotten” or repressed [2].

Each person has individual differences (peculiarities) of memory, which are manifested in various spheres of its mnemonic activity. In the processes of memory individual differences are found in speed, accuracy, durability of memory and readiness for reproduction. Individual memory differences may be due to types of higher nervous activity. The rate of formation of temporary never bonds is due to the strength of the processes of forgetting and inhibition, which determines the accuracy and durability of memorization. Individual differences in memory are also found in what material is best remembered - figurative, verbal or equally productive as one, and another [1, p. 271-272].

References:

1. Котляр Б. Физиология центральной нервной системы: [Учеб. пособие для вузов по направлению "Биология"] / Борис Котляр, Валерий Шульговский,. - М.: Изд-во МГУ, 1979. - 341 с.
2. All about memory [Electronic resource]. - Access mode: http://www.world-mysteries.com/sci_memory1.htm

Чухній Олег,

Науковий керівник: Гончаренко Олександр Миколайович,
Київський національний університет імені Тараса Шевченка

ЗНАЧЕННЯ СТРАТАГЕМ СУНЬ ЦЗИ ДЛЯ ВІЙСЬКОВОГО СЕРЕДОВИЩА

У багатьох східно-азійських країнах “Мистецтво війни” було частиною екзаменаційної програми для потенційних кандидатів на