building brain health

how to maximize memory ability

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Summary:

In this session of Building Brain Health, Dr. Rob Winningham discusses the three stages of making memories (encoding, storing, retrieving) and the memory processes. He also shares with us more about the Recency Effect, the Primary Effect, Tip of the Tongue phenomenon, and how short and long-term memory works.

*“The human brain has 100 billion neurons, each neuron connected to 10 thousand other neurons. Sitting on your shoulders is the most complicated object in the known universe.” –* Michio Kaku

# NOTES:

|  |
| --- |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |