

The Power Of Forgetting Six Essential Skills To Clear Out Brain Clutter And Become The Sharpest Smartest You

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Forgetting. An example of one of these factors could be the amount of time the new information is stored in the memory. Events involved with forgetting can happen either before or after the actual memory process. The amount of time the information is stored in the memory, depending on the minutes hours or even days,...

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The Decay Theory of Forgetting. Information in short-term memory lasts approximately 15 to 30 seconds and if it is not rehearsed, the neurochemical memory trace quickly fades. According to the trace decay theory of forgetting, the events that happen between the formation of a memory and the recall of the memory have no impact on recall.

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