

# **Getting to Know Your Brain: Mastering an Imperfect Memory**

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## **Course Description:**

Just how accurate are your memories? Are we doomed to forget everything with time? How do drugs and alcohol affect your ability to remember events and experiences? In this course, we will explore the hidden structures and processes your brain uses to make memories and demonstrate how you can use that knowledge to your advantage.

## **Course Objectives:**

This course, designed for high school students, will:

- a) Give you a brief overview of some physical structures in the brain involved in memory.
- b) Help you gain a basic understanding of the prevailing theory of how memory functions through encoding, storage, and retrieval.
- c) Show you the ways that memories can be inaccurate, highly biased, and in some cases completely false!
- d) Provide some valuable tips on how to improve your memory.

## **Course Outline:**

- Parts of the brain involved with memory
- How memory is made, kept, and accessed
- Distortion: how your memory isn't perfect
- Reconstruction: the "why" of our imperfect memory
- State Dependence: being practical with memory

## **Further Reading:**

If you're like us and find this topic really interesting, here are some sources for you to explore after the course:

*Hidden Brain* Podcast (Note: this is a great podcast to listen to if you're even remotely interested in neuroscience and/or the psychology of the human brain): Episode from 12/16/2019 entitled "Did That Really Happen?"

Crash Course Psychology: Episodes 14, 13, and 18

The Savvy Psychologist's Quick and Dirty Tips for Better Mental Health (Note: this is a quick 15-minute podcast that gives simple explanations of popular psychological topics)