

# Stages of Memory

Memory occurs in 5 general stages (more or less):

**Perceptual:**

*Here we are bombarded by a whole range of stimuli such as taste, smell, vision and touch. The body and mind are picking up a tremendous amount of signals from the environment.*

**Filtering:**

*Here we select a signal that is most importance to us. An example is that of someone whispering your name is a noisy party and you "filtering out" everything else in order to "tune in" to the person talking about you.*

**Working Memory:**

*Works closely with the "filter" by storing vital pieces of information within itself. Capacity is limited (7+2 pieces of information).*

**Transition:**

*This is where the items in working memory "transit" to long-term memory (LTM). It is here where you "manage the traffic" of information into LTM. Techniques include organizing, chunking, linking, diagramming, etc.*

**Long-Term Memory:**

*After the "transition", the information is coded into long-term memory. The better you "organize" the information in the transition, the easier it will be to find the information later.*