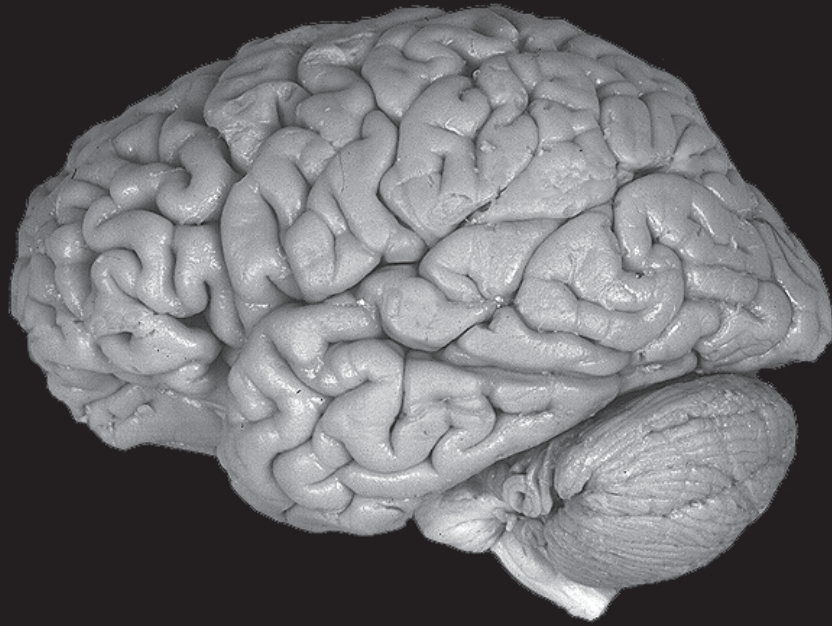


memory exerciser



first a test...

Blue

Yellow

Green

Orange

Purple

memory exerciser

what?

A way to use a digital reminder to help you exercise your memory by using your minds own process of transferring short-term memory into long-term memory.

wait, what?

Human Memory Process:

Sensation > Short-Term > Long-Term



go on...

Sensation > Short-Term > Long-Term

- Perception
- Brief
- Visual
- Audio
- Touch
- Lingers after the stimulation

- Approx. 7 different things.
- Lasts about 30 seconds

- Lasts from a few days to decades
- Semi-permanent to Permanent
- It's Long-term...

memory exerciser

Ok, and?

How can we make this work for us?

Short -term

Long-term

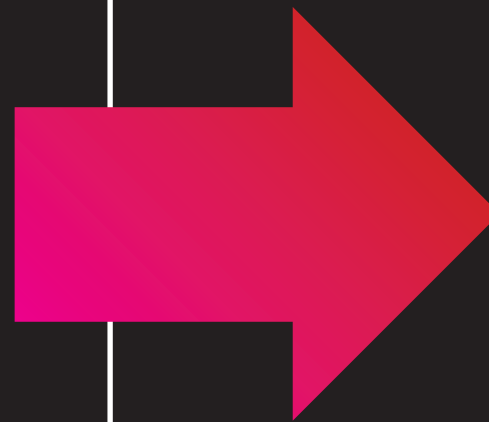
Repetition

Notes

Self- interpretation

Associations

Context



memory exerciser

this relates to?

For example:



Persona 2:

Dr. Peter Stromberg

- Computer literate to a degree
- Work-oriented organizer
- Relies on his wife for social reminders

memory exerciser

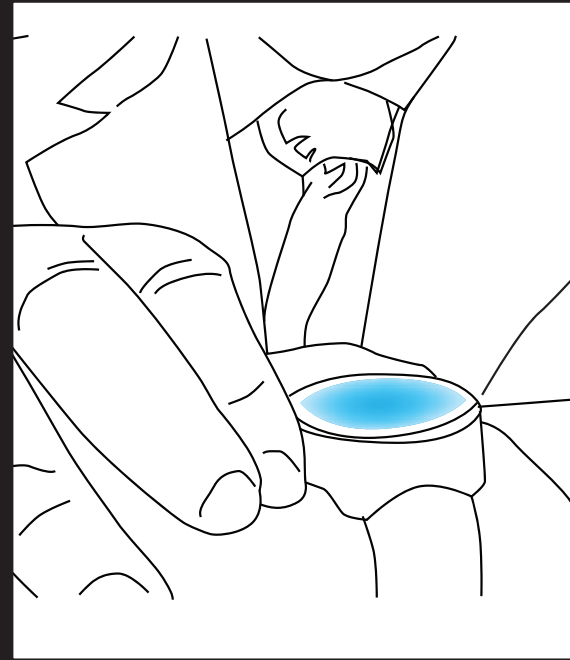
memory exerciser



Focused on work



Not thinking about the birthday party and the bottle of wine he needs to buy.



Works done.
His reminder goes off.

- He focuses
- He Recalls
- He buys the wine

conclusion:

What is it?

A digital stimulus

What does it do?

Uses the processes of human memory to recall information

What's the value?

- Develops your own natural ability to store and recall information.
- Flexible, you choose how & what your stimulus is.
- Non-intrusive.

answer?

How many colors
did I list before?

What were they?

memory exerciser