

Brain Fitness Lab - Memory

Hi Brain Fitness Lab Students,

Welcome to our class on **exercising your memory!**

Here are three fascinating aspects of memory and brain health:

🧠 Your brain has unlimited storage – Unlike a computer, your brain doesn't run out of space. It continuously forms new connections, allowing for lifelong learning and memory expansion.

🧠 Emotions shape memory – Strong emotions, whether positive or negative, enhance memory retention. That's why you're more likely to remember emotionally significant events.

🧠 Learning something new strengthens the brain – Challenging your brain with new activities, like learning a language or playing an instrument, helps form new neural pathways and keeps your memory sharp.

This week, we'll engage in **exciting exercises to improve memory** and integrate them into your **journal writing**.



Class Time: Monday, 1:30 - 3:30 PM



Zoom Link: [Click here](#)



[Class Website](#)

If you're unsure what to write in your journal, I recommend revisiting past classes on the website. At the end of each session, you'll find prompts that can help guide your reflections. Just answer the questions provided as part of your homework.

Looking forward to seeing you in class! Have a wonderful weekend.

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