



Dear Brain Fitness Basics Students,

The time has come — this week we will be focusing on **memory** in our class.

Recent discoveries in neuroscience are reshaping how we understand how memory works. Here are three fascinating findings:

1. **Memory is reconstructive, not reproductive.**

Each time we recall a memory, the brain slightly modifies it before storing it again — a process called *reconsolidation*. This means remembering is an active, dynamic process, not a simple replay.

2. **Sleep actively strengthens memory networks.**

During deep sleep, especially slow-wave sleep, the hippocampus “replays” recent experiences to help consolidate them into long-term cortical storage.

3. **Exercise enhances memory formation.**

Aerobic movement increases Brain-Derived Neurotrophic Factor (BDNF), a protein that supports synaptic plasticity and strengthens neural circuits involved in learning and memory.

As every week, we will meet on Zoom:

Tuesday and Thursday

10:00 a.m. – 12:00 p.m.

I would truly be glad to see you in class as we explore practical, science-based strategies to support and optimize your memory.

Below you will find quick links to access all our course resources easily.

To attend class, please use the Zoom link below:

Zoom: [Please click here.](#)

Quick links:

- **Our Website:** [Please click here.](#)
- **Lesson of the Week:** [Please click here.](#)
- **BrainHQ:** [Please click here.](#)

I look forward to seeing you in class.



Take care,

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