

Brain Bites - Keeping your Bearings!! March 2008

Category - Memory

What's the bright star that sets in the west and rises in the east?
What's your mother's maiden name?
What's your street address?

Answers to these questions come easily to the normal person, what about someone who might have sustained a head injury or a stroke? They might remember specific events from the past (episodic) yet forget crucial information such as their street address.

Semantic Memory, which stores information about the world around us, is a critical survival tool. It contributes to our sense of time, place and self. You could say that Semantic Memory is what helps us to "get our bearings".

Without Episodic Memory, we might lose our past; but without Semantic Memory, we might lose ourselves. That's why people affected with severe memory loss might acquire a whole different personality, set of beliefs, likes and dislikes.

Testing for Memory Loss: *Take this 2-minute test!*

In the next 60 seconds, jot down as many words as you can think of starting with the letter 't'.

When that's done, take another minute to write down the names of animals starting with any letter of the alphabet. How many did you come up with?

Compare the number of items in each list. If the number of items in each list is roughly the same, you're doing great. But if your list of animals is much shorter than the other list, it might be a sign of semantic memory loss.

Often, people with semantic memory loss have no trouble listing words 'by the ear' (by sound or the first letter of the alphabet). However, it can be a challenge to classify words according to their meaning or a set of matching characteristics

Brain Gym® fun, easy and quick targeted movements integrate body and mind to bring about rapid and often dramatic improvements in concentration, memory, organization, focus, and so much more. Research has shown that long-term memory retention improved after using a powerful Brain Gym integration technique, Dennison Laterality Repatterning (DLR).

Jill Hewlett and Sharon Todd are both Educational Kinesiologists and Licensed Brain Gym Trainers. Their company, Brain Works Global Inc., trains clients on how to maximize their learning potential while working in conjunction with their individual goals.

They provide keynotes, in house training, and sponsored events to a wide range of organizations and the community. For more information go to www.brainworksglobal.com or call 905.830.6902.