Myths about Memory

The truth may not always be clear when it comes to memory; many people have persisting false facts about how our memories work. Discussed below are some of these myths about memory and what experts say about each of them.

Myth #1: “Some people are stuck with bad memories”
Reality: Anyone can improve their ability to remember and recall information. It simply comes down to whether you practice effective memory skills. Your memory can be exercised just like anything else. The fact still remains that practice makes perfect.

Myth #2: “Some people have photographic memories”
Reality: Very few individuals possess this ability innately. The truth is that most people who are skilled with their memory have used learned strategies and practice, and have a particular interest in the topic. Even if you do not feel like you have that great of memory retention, practicing strategies can help you become an expert.

Myth #3: “Memory benefits from long hours of practice”
Reality: The way you practice is more important than how much you practice. In other words, you should use creative relevant strategies unique to your own learning style rather than an ineffective strategy for hours on end.

Myth #4: “Remembering too much can clutter your mind”
Reality: How you organize the information you are trying to remember is more important than the quantity. In fact, our long term memory capacity is limitless.

Myth #5: “We only use 10% of our brain power”
Reality: There is no scientific research to back up this claim. However, it should be noted that we are capable of far more mental abilities than we actually use on a regular basis. Your mind is a powerful tool capable of improvement and exercise.