MEMORIZATION

Nozikoyim Bahodirova
Advisor: (PhD) **V.R.Ochilova**
Uzbekistan State World Language University,

Annotation: Remembering things and events, distinguishing them is the development and product of our mind. Memorization is the process of transferring something to memory, absorbing it. That being said, of course, our brains cannot remember everything right away, so we learn effective ways to rote memorization during our creative work.

Key words: Brain, neurons, memory capacity, methods.

Memorization is the process of learning and retaining information through repetition, revision, and practice. We also need to concentrate and try to store any information from short-term memory to long-term memory. This helps our brain and memory to develop, never give up, and remembering information whenever we want, it helps to increase our self-confidence. According to the facts, the size of the middle-aged humans' brain is 2.5 million gigabytes, but its storage capacity is not limited to this. Everyone's brain has different memories. Good and bad memories, innocent childhood memories of joy, believing in Santa Claus on the New Year's holiday, what your dad or mom wanted you to do your joy when you bring a bike or something those are memories too.. amazing memories right?

A person loses his identity without memory. To be really, person without memory is nobody. There is no limit to the number of memories that can be stored in our brain.

The human brain is a complex organ that controls memory, emotions, thoughts, touch, vision, breathing and all the processes that control the human body. Together with the brain, the spinal cord forms the nervous system. "The ability to learn new information and retain it for long periods of time is one of the most amazing features of the brain," says Robert H. Yes, our brain is very complex and there are billions of neurons. At this point, it is worth saying that in order to remember information for a long time, we need to perform some brain exercises and improve our brain activity. At this point, a question arises, what should we do for this? Research shows that the most effective memorization techniques involve active engagement with the material, such as repetition, retrieval practice, and detailed review. These techniques take advantage of the brain's ability to form stronger, more durable memories that last longer leads to better retention and recall of information. On the other hand, pure short-term recall often involves shallow processing and may not lead to deep understanding of the material, making information more prone to forgetting.

Therefore, scientists emphasize the importance of combining memorization with understanding and thinking about the material, because this can lead to more effective and long-term memory retention.

In addition, scientists recognize that individual differences play a role in memory, including factors such as cognitive abilities, learning styles, and brain plasticity. Memorize these concepts helps adapt strategies to personal needs, increases the efficiency of memory formation and storage. In general, scientists argue that memorization is a complex cognitive process involving various neural and psychological mechanisms, and that effective memorization techniques can be learned and improved with evidence-based learning strategies. In addition, any information can be imprinted in the brain for a long time. We can call this process "consolidation". Let us also consider another reliable method; this method is called "Storytelling".

. That is, you can create your own imaginary fiction, fabric, story, text by connecting the events, birth years, months and dates, or by connecting the information that we need to memorize in sequence. In addition, there have lots of methods like rhyming, chunking, association, writing

sentences, acronyms, rehearsing, graphic organizers, visualization, talking...As we mentioned at the beginning, a person is quick (in a short time) and a long-term saver as it has (permanent) memories. Let's see this with the example of a computer. The computer has fast and long-term storage of information like our brain. If we talk about long-term memory, students preparing for the exam can be a vivid example of this, because they remember what they know after the exam they forget what they know.

- An example of long-term memory is the memory of the elderly, who complain about their poor memory, but still tell the stories of their childhood that happened 60-70 years ago. It was found that eating the same food every day slows down memory. There is also an opinion that human memory develops up to the age of twenty-five. Memory reaches its peak at the age of 19-20. And then, until the age of 50, the same - unchanging period continues. After that, the memory becomes weaker. After that, the memory becomes weaker. Human memory can store 1-7 terabytes of information. Let's look at interesting facts about the brain. Did you enter the room and forget why you came? Of course, we are all familiar with the situation of not understanding the situation when you enter a room to get something, forget what you entered for, and say, “Why did I come here?” The fact is that sometimes our short-term memory causes a small pause, and the information is lost. Because we think every second, do something in a row, the brain rejects the messages that come in between. According to Stanford University scientists, a robot with a processor that compares to the human brain requires at least 10 megawatts of electricity. And our neurons generate enough energy to light a light bulb during the day. In addition, the brain works faster than the smartest computers.
- The human brain consists of 60% fat. The brain is the organ that contains the most fat. Therefore, it is very important for its health to be rich in healthy fats (omega-3 and omega-6). They strengthen the walls of brain cells, and also replace and store fat-soluble vitamins. In addition, fats reduce inflammation and help the immune system function properly. In some cases, a person is born with a phenomenal memory. For example, Mozart was able to completely repeat the music he heard once, as well as write down his notes on paper. Some information about memory makes scientists wonder. It has been determined that the memory of the past events appears.
- Memory is the key to human success. According to Dale Carnegie, the average person complains about his memory because he doesn't know how his brain works. (From the perfect memory book, in the introduction) In fact, we need to believe that our brain is capable of many things, need to form a perfect memory and positive habits by saying “I am strong”, “I am great”, “I deserve the best”.

In my opinion, a person who works on memory develops himself, intelligence, logical thinking. By feeling with our mind, reflecting in our brain, we imprint in our memory every event that happens around us. Even when we see or hear events happening, we rely on memory, some of which seem to have happened before. So I can say that when we learn something, we can refresh our memory by alternatively relying on old memory to understand it.

REFERENCES

1. Marton, F., Dall Alba, G., & Beaty, E. (1993) Conceptions of learning. *International Journal of Educational Research, 19*(3), 277-300.
2. Marton, W. (1988). *Methods in English Language Teaching: Frameworks and Options*. London: Prentice Hall International.
3. McDonough, S. (1995). *Strategy and Skill in Learning a Foreign Language*. London: Edward Arnold.

4. Mondrian, J. (2002). The Effects of Inferring, Verifying, and Memorizing on the Retention of L2 Word Meanings. *Studies in Second Language Acquisition, 25*(4), 473-499. Retrieved from https://www.rug.nl/staff/j.a.mondria/ssla_2003.pdf
5. Nunan, D. (1989). *Designing tasks for the communicative Classroom*. Cambridge: Cambridge University Press.
6. O'Malley, J., Chamot, A., Stewner-Manzanares, G., Cepper, L., & Russo, R. (1985). Learning strategies used by beginning and intermediate ESL student.

WORDLY KNOWLEDGE