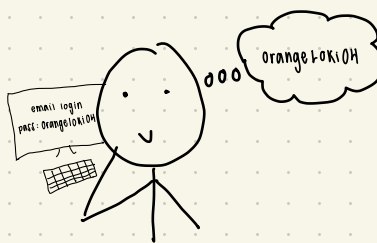
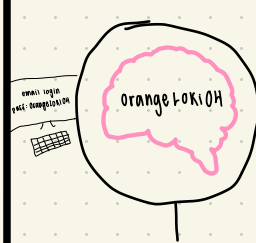




Matt is creating a new password and wants to remember it. As he types the letters and numbers, they enter the brain as a sensory memory



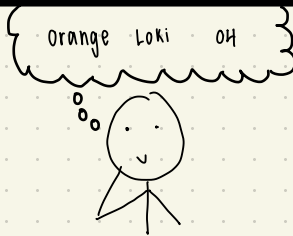
He focuses his attention on these stimuli, allowing the password to move to short term memory



The password has now entered his short term memory, but is in a very fragile stage, so it will fade if Matt doesn't do something with it



To keep the password active Matt repeats it several times over in his head



Next, Matt needs to break down the password into smaller chunks

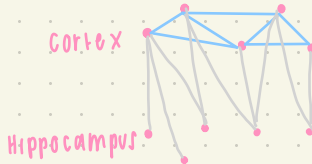


He now will encode these smaller chunks with personal meaning, to allow for deeper processing, helping the brain store it better

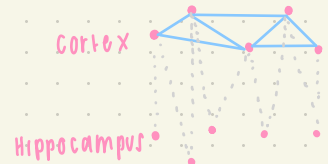
inside the brain ...



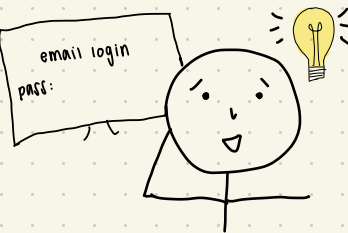
Now in Matt's Brain over the next minutes and hours synaptic consolidation is occurring. Neurons are strengthening their connection as he thinks about his password.



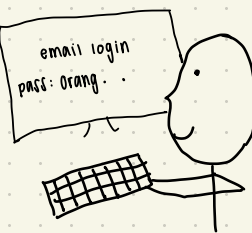
Overtime the connections in the brain based on Matt's new password shifts from short term reliance on the hippocampus to long term storage in the cortex



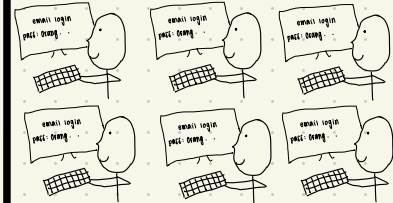
During the nexts days and weeks the password is now stored in the cortex



The email login screen now acts as a cue for Matt



The cue triggers his brain to recall the password



Now when the cue occurs in the future, Matts successful recall will make the memory stronger