

# Short-Term Memory

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## RECOMMENDED CITATION

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Short Term Memory is the part of the memory system where information is stored for roughly 30 seconds. Information can be maintained longer with the use of such techniques as rehearsal. To retain the information for extended periods of time; it must be consolidated into long-term memory where it can then be retrieved. Short-term memory allows you to retain phone numbers from an operator before and while you are dialing the number of interest. The capacity of short-term memory is also limited. Most people can only store roughly 7 chunks of information plus or minus 2. Is it just a coincidence that phone numbers only have seven digits :-)

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