

# Download Memory & Intelligence

Human intelligence is the intellectual power of humans, which is marked by complex cognitive feats and high levels of motivation and self-awareness. Intelligence enables humans to remember descriptions of things and use those descriptions in future behaviors. Short-term spatial memory. Short-term memory (STM) can be described as a system allowing one to temporarily store and manage information that is necessary to complete complex cognitive tasks. Tasks which employ short-term memory include learning, reasoning, and comprehension. Spatial memory is a cognitive process that enables a person to remember different locations as well as spatial ...Brain Workshop is a free open-source version of the dual n-back brain training exercise. What if a simple mental exercise could improve your memory and intelligence? Hi Giselle, Thanks for your comment. To answer your question, according to the University of Maryland Medical Center (UMMC): "Vitamin C can cause a rise in estrogen levels when taken with these drugs [these drugs being the birth control pill and hormone replacement therapy]."