

Learning objectives

Chapter 6: Memory

1. Define encoding, storage, and retrieval and discuss the role of each in our ability to remember.
2. Name and define the three stages of processing in the Atkinson-Shiffren model of memory.
3. Discuss the capacity, duration, and causes of forgetting for sensory memory, short-term memory, and long-term memory.
4. Explain why short-term memory is sometimes called working memory.
5. Distinguish between declarative and non-declarative memory. Name the subparts of declarative and non-declarative memory and explain the kinds of information held in each.
6. State and define the three main methods to measure retention of information.
7. Define and describe Ebbinghaus's saving score. Explain his discoveries and indicate why they are important to your study habits.
8. Compare and contrast the decay and interference theories of forgetting. Define retroactive and proactive interference and provide an example of each. Explain the implications these processes have for your study habits.
9. Describe motivated forgetting and false memories. Discuss the controversy surrounding repressed memories.
10. Define primacy and recency effects.
11. Define context dependent and state dependent memories and give examples of each.
12. Explain why distributed practice is more effective than massed practice.
13. Describe the recitation method and explain its importance as a study strategy.