

SCARTELLI PSYCH NOTES 10/12

Memory

“An ACTIVE mental system (ability) that allows us to put away info for later use”

Processes (steps) of memory

Receive from the senses/world

Encoding (put in) for short time use

Storage (hold)

Retrieval (get out)

Models of Memory

INFO-process model

Assumes process-model of info memory storage similar to that of a computer

Levels-of-processes model

Assumes info that is more “deeply processed” (processed accord to meaning) will be remembered more efficiently & longer

Other models exist too...which is right? <See *Blackboard Learn for chart* >

Sensory Memory

Very first stage

Where info enters Nervous System (through senses)

Lasts generally only a second or so

Short Term Memory (STM)

(AKA working memory)

Where info is held while being used

Selective Attention

Ability to focus on one stimulus from all sensory input

Moves info from sensory memory to short term memory

STM

How big is it?

Capacity: 7 times (positive/negative (2) items = 5 +9)

How long is STM?

About 12-30 sec w/o rehearsal

Chunking

Bits of info combo into meaningful units (chunks) so more info can be held in STM

Maintenance Rehearsal

Say info over & over in head to keep it in STM (or LTM)

STM tend to be encoded in auditory form

STM susceptible to interference

Long Term Memory (LTM)

Used to keep info "permanently"

Elaborative rehearsal

Get from STM to LTM by making info meaningful

Types of LTM <See Black board Learn for chart>

Procedural (Non-Declarative) LTM

Memory for:

1. Skills
2. Emotional Assoc./Habits/Simple conditioned reflexes (AKA Implicit memory)

Not easily brought into awareness

...interestingly Anterograde Amnesia

(The inability to form new declarative LTMs) generally does **NOT** affect procedural LTM

Can gain **NEW** skills but not new facts <See Blackboard Learn for chart>

Declarative LTM

Things people know (facts)

AKA explicit memory-consciously known

There are two types...

Semantic Memory

General knowledge (knowledge of language plus one learned in formal education)

Episodic Memory

Personal info not readily available to others (daily activity & events)