

3-16-15

Test Friday: 2<sup>nd</sup> part of 6, 7, and part of 3: Quiz Wednesday  
End of 7, and Start of Chapter 3:  
Human Development-

END OF CH. 7

How can we improve memory?

Improving Retrieval:

- While first learning material:
  - Retrieval Practice- stop after reading portion of material and see what you remember. Ask? And catch yourself.
- After Learning material:
  - Review- go over, best with space practice
    - ❖ Memory Strategies: connect and think of example. Ex) computer passwords, hint: pets name.
    - ❖ Acronyms
    - ❖ Extending our memory length- extending time over which you need to remember something (flashcards)
- At the time of test:
  - Situational factors
    - ❖ Sleep
    - ❖ Hunger

REVIEW OF CH.7:

1. What 3 stages must info go through to be stored in long-term memory?
  - ❖ Sensory
  - ❖ Short term memory
  - ❖ Practice or rehearse
  - ❖ Long term memory
2. What are the 2 types of long-term memory?
3. How is info organized in long-term memory?
4. What are the 3 types of failures that make us likely to forget info? (stages)
5. How can we improve memory at encoding stage?

## 6. How can we improve memory at recognition stage?

### CHAPTER 3:

#### Goals:

1. Describe how diff factors affect development
2. Describe types of development for infants
3. Describe types of development for Children
4. Describe types of development for Adolescents
5. Describe types of development for Adults
6. The whole life span= moral development

#### Factors that affect development:

- Heredity-genes from parents, affect bodily processes, and personal characteristics
  - ❖ Height
  - ❖ Eye color
  - ❖ Hair color
  - ❖ Intelligence level
  - ❖ Genetic disorders- Downs, CF, Hemophilia
- Environment- all diff things exposed too
  - ❖ Parental influences- Ingest or exposed too
    - 👉 Diseases
    - 👉 Drugs
    - 👉 Food
    - 👉 Drinks
  - ❖ Teratogens- anything capable of altering fetal development in non inheritable ways that causes birth defects
  - ❖ Low birth rate
  - ❖ Fetal alc syndrome
  - ❖ Drug addiction
- Sensitive periods: increased sensitivity to environmental influences (lang)
- Deprivation and enrichment- quality and environment
- Deprivation: lack of nutrition, stimulation, comfort, and love
- Enrichment: have enough nutrition, stimulation, comfort and love

- Parenting styles:  
Identifiable patterns of parental caretaking and interaction with children
  - ✦ Authoritarian: enforce rigid rules and strict demand and obedience to authority (kids have few rights, but adult like responsibilities)

( ALL UNDER ENVIRO)