

Crash Course Psychology #13—How we make memories

Answer the following questions from the video.

1. Why are memories important?
2. What is memory?
3. What are the three ways we access memories?

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| Definition: | Definition: | Definition: |
| | | |

4. What are the three stages of memory formation?
5. How long does short term memory last without rehearsal?
6. How many "bits of information" can your memory hold?

7. What is working memory?

8. What is explicit memory?

9. What is implicit memory?

10. What is automatic processing?

11. What is procedural memory?

12. What can you do to improve your memory?

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| Definition: | Definition: | Definition: | Definition: |
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| Example: | Example: | Example: | Example: |
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13. What single action cements memories?

| Things you should be able to explain now... | |
|---|---------------------------|
| Encoding & storing memory | Shallow & deep processing |
| Implicit automatic vs explicit effortful processing | Long-term storage |