

PSYCH 207: Cognitive Processes

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Notes written from Jonathan Fugelsang's lectures.

1 Introduction & Course Structure

← January 8, 2013

1.1 Course Structure

The grading scheme is four in-class non-cumulative multiple-choice exams, equally weighted. There is also a 4% bonus for research participation through SONA. You should get the textbook.

See the course syllabus for more information – it's available on Waterloo LEARN.

1.2 Introduction to Cognitive Processes

“Cognitive psychology refers to all processes by which the sensory input is transformed, reduced, elaborated, stored, recovered, and used.” – Neisser, 1967

Cognitive psychology involves perception, attention, memory, knowledge, reasoning, and decision making.

Cognitive processes are everything that goes on in our mind that affects our environment. Many of these processes are completely unconscious.

Conscious experience is an active reconstructive process. The external world and our internal representation of that world is *not* an exact match. Our brain ends up filling in many gaps, making many assumptions.

Our brain cannot decontextualize the world.

2 Historical Overview & Approaches

← January 10, 2013

Attention (notice *something*) → Perception (perceive that *something*) → Pattern Recognition (recognize what that *something* is) → Memory (recall previously-known attributes about the *something*).

Our cognitive apparatus is ultimately an efficient simplification process.

2.1 Antecedent Philosophies and Traditions

Many researchers take very strong views on empiricism vs. nativism, however reality is most likely somewhere between the two. The debate for structuralism vs. functionalism is similar.

2.1.1 Empiricism

- Locke, Hume, and Stuart Hill.
- Emphasis is on experience and learning.
- Key is the association between experiences.
- This is observational learning – the nurture side of the nature vs. nurture argument.

2.1.2 Nativism

- Plato, Descartes, and Kant.
- Emphasis is on that which is innate.
- Innate causal mechanisms.
- This is the nature side of the nature vs. nurture argument.

2.1.3 Structuralism

- Wundt and Baldwin.
- The focus is on the elemental components of mind.
- Very reductive – it's about stripping out context to understand the very basic elements.
- Introspection (method)
 - Report on the basic elements of consciousness.
 - Not internal perception, but experimental self observation.
 - Must be done in a lab under controlled conditions.
 - Basic elements of the conscious experience include processes like identifying colors.

2.1.4 Functionalism

- William James.
- Regarded the mission of psychology to be the explanation of our experience.
- Key question: why does the mind work as it does?
- The function of our mind is more important than its content.
- Introspection in natural settings (method)
 - Must study the whole organism in real-life situations.
 - Must get out of the lab to conduct functionalist research.

2.1.5 Behaviorism

- Watson and Skinner.
- Started in the 30s and was the dominate focus of academic psychology until the 60s.
- Originally evolved as a reaction to the lack of progress provided by introspection.
- A behaviorist sees psychology as an objective, experimental branch of science. Psychology's goal is the prediction and control of behaviour. Therefore, they make behavior (not consciousness) the focus of their research.
- Focus is on the relation between input and output, but the steps in between (which make up cognitive psychology) do not matter to behaviorists.

2.1.6 Gestalt Psychology

- Wertheimer, Koffka, and Kohler.
- Focus is on the holistic aspects of conscious experiences.
- Key question: what are the rules by which we parse the world into wholes?
- Introspection (method)
 - Experience is simply described, never analyzed.
- A unified whole is often different than the sum of its parts. How do we impose structure on what's already out there? For example: 8 line segments in groups of 2 are interpreted differently than the 8 lines being all scrambled together in a seemingly random way.
- How does the mind simplify the world to focus our attention on things/objects that matter?
- We need to study phenomena in their entirety, since a unified whole is different than the sum of its parts.

2.1.7 Individual Differences

- Sir Francis Galton.
- Intelligence, morals, and personality are innate.
- Mental imagery was studied in both a lab and in natural settings. The vividness of mental imagery differs from person to person.
- Galton invented the process of using questionnaires to assess abilities. This process has been used by cognitive psychologists ever since.

2.2 The Cognitive Revolution

- The speed of information publishing, sharing, and retrieval has become very fast.
- We're now running into the cognitive speed limit as our limiting factor, whereas before communication channels (snail mail, travel) slowed down research.
- Recent advances in neuroimaging are also a mini-revolution in cognitive psychology.

2.2.1 Human factors engineering presented new problems

- A machine should be designed for human use – for use in the most efficient way possible. Knowledge of human cognition is required in order to increase efficiency.
- We have to think about the 7 ± 2 information limitation of the human mind, and how to get around the limit.
- NASA hires cognitive psychologists to study how the human mind operates in extreme conditions. Cognitive psychologists develop the user interfaces that astronauts use.

2.2.2 Behaviorism failed to adequately explain language

- Skinner in 1957 (behaviorism): children learn language by imitation and reinforcement.
- Chomsky in 1959 questioned Skinner's explanation of language.
 - Children often say sentences they have never heard before, such as "I hate you mommy." (Not imitation.)
 - Children often use incorrect grammar, such as "The boy hitted the ball", despite a lack of reinforcement.

2.2.3 Localization of functions in the brain forced discussion of mind

- Donald Hebb stated that some functions, like perception, are based on cell assemblies (collections of neurons).
- Hubel and Weisel demonstrated the importance of early experiences on the development of the nervous system. Early experiences actually change how some cell assemblies physically develop.
- Many things seem to happen without observational learning coming into play.

2.2.4 Development of computers and artificial intelligence gave a dominant metaphor

- A computer takes input into short-term memory (RAM), may access long-term memory (a hard drive), and returns some output.
- The mind may work in a similar way.
- Perhaps we introspected and that's why we developed computers the way we did?

2.3 Paradigms of Cognitive Psychology

- Emphasis is on serial processing.
- Information is stored symbolically.
- The mind is an information processing system with systems of interrelated capacities.
- All of these attributes are similar to that of typical computer systems.

2.3.1 Localist models

- A symbolic concept, such as a letter, word, or meaning, is represented in your mind with a node.
- You may have a node for 'cat', 'dot', or 'house' (lexical knowledge). You may also have a node for 'provides shelter', 'barks', or 'has four legs', all of which are boolean attributes (semantic knowledge).

2.3.2 Connectionism – Neural network models

- Parallel processing across a population of neurons.
- Multiple neurons are used to represent complex concepts. For example: the representation of a person may have a neuron for their name, a neuron for their profession, a neuron for their cat's name, and so on.
- The pattern of activation of the neurons represent a symbolic concept.
- Semantic knowledge and lexical knowledge for a particular symbolic concept have different activation patterns.
- Units in neural networks are connected by weights that are modified by learning (positive weight \rightarrow activation, negative weight \rightarrow inhibition).

2.4 Major Assumptions of Approaches

The major assumption of these approaches is that research must be done in the lab. This is believed for two key reasons:

- We must uncover the basic processes underlying cognition in order to fully understand it.
- Processes are stable across situations, and can only be researched under controlled conditions (such as in a lab).

2.5 Other Approaches

2.5.1 The Evolutionary Approach

- Mental processes are subject to natural selection.
- Cognition is based off our history, and special processes have developed over time.

2.5.2 The Ecological Approach

- Cognitive processes develop with culture and differ depending on the context and situation.
- Analyzes how humans behave in context-specific situations. As a result of this approach, natural observation must be used instead of lab research.
- People focus on the eyes of others, because they show attention, desires, and more. This behavior might differ depending on the context.

3 The Brain

\leftarrow January 15, 2013

3.1 Dependent Measures of Behavior

Experiments in cognitive psychology focus on measuring outward behavior. Experiments are usually (but not quite always) measured using two metrics:

- **Accuracy.** Give the test subject some information and see how well they can hold onto it over time. Measure the percentage of accurate results from an experiment.
- **Response Time.** If one task takes longer than another, it's usually an indicator that the longer task requires more brain power. This measure is typically used when accuracy is virtually perfect, because events occur over time in the mind. Time is a much more sensitive measure than accuracy.

Time can be effectively used to determine the **decision time** for a particular task. For example, say you have two tasks:

1. Hit a button when you see a light.
2. Hit a button when you see a green light, but not when you see a red light.

The response times are measured for both of these tasks. The average response time for the simpler task (task 1) is 150 ms, and it's 250 ms for the more complex task. By subtracting task 1 from task 2, we get $250 \text{ ms} - 150 \text{ ms} = 100 \text{ ms}$, which is the decision time.

Computers have made experiments like these much easier to conduct than before. Computers enable the ability to gather much more precise response times.

3.1.1 Modified/Damaged Brains

Patients with brain damage and transcranial magnetic stimulation (TMS) are both useful in assessing the role of various regions of the brain in various cognitive abilities.

Transcranial magnetic stimulation (TMS) allows researchers to artificially simulate brain damage by sending repeated electric pulses to an area of the brain.

3.1.2 Human Brain Lesions

Brain damage or damage simulated by TMS can be useful in determining how the brain works. There are typically two approaches researchers take:

- **What function is supported by a given brain region?** Patients with similarly-damaged brains are examined for common cognitive deficits.
- **What brain regions support a given cognitive function?** People with realizable behavior deficits are examined for common brain damage.

3.1.3 Brain Processing

There is no direct means of knowing exactly what's happening in the mind. It can only be inferred or introspected. There are a couple of technologies that are commonly used to achieve this.

- **Functional magnetic resonance imaging (fMRI).** fMRI specializes in providing a spatially-accurate view, however it is bad at timing brain activity. It works by indirectly measuring blood flow throughout the brain using magnets to distinguish between oxygenated and deoxygenated blood. fMRI machines are extraordinarily expensive – they cost millions of dollars.

- **Electroencephalography (EEG).** EEG specializes in providing a temporally-accurate view, however it is bad at spatial representation (opposite of fMRI). It works by measuring electrical activity on the scalp. It's much faster than fMRI because electrical signals are instantaneous. EEG machines are not nearly as expensive as fMRI machines – EEG machines cost about \$100,000. EEGs are used for event-related potential (ERP), which measures the brain's response that is a direct result of some event.

3.2 Structure of the Brain

3.2.1 Brain Planes

There are several different views of the brain.

- **Coronal Plane.** A vertical slice down the width of the brain.
- **Horizontal Plane** (also known as an **Axial** view).
- **Sagittal Plane.** A vertical slice down the length of the brain.
- **Midsagittal Plane.** A slice down the very middle of the brain.

Take a look at the course slides (chapter 2, slide 9) for illustrations.

3.2.2 Brain Regions

There are many important brain regions, some of which concern cognitive psychology more than others. Most of the areas of interest for cognitive psychology lie in the **Forebrain** (the top portion of the brain). Some important regions are:

- **Cerebral Cortex.**
- **Medulla oblongata.** It regulates life support, and is the main transmission point between the body and the brain.
- **Pons.** A neural relay, for the left body / right brain (yes, they're opposites!).
- **Cerebellum.** Coordinates muscular activity, handles general motor behavior and balance.
- **Corpus callosum.** Located at the center of the brain, it is where information is transmitted between brain hemispheres.
- **Amygdala.** Responsible for encoding and retrieving the emotional aspects of an experience. Note that you can never encode and retrieve information in a vacuum – context is always present.
- **Hippocampus.** Acts as a key structure for memory (indexes memory). The hippocampus is to your memories as Google is to the web. It points you in the direction of what you're looking for.
- **Thalamus.** Serves as the a major relay centre.

Subcortical regions vary less from individual to individual. They're much more specialized at particular tasks than other regions.

3.2.3 Lobes of the Brain

There are four main lobes in the brain:

- **Frontal lobe** (at the front of the brain), responsible for complex cognitive activities such as decision-making, speech, motor activity, and executive functioning.
- **Parietal lobe** (at the top of the brain, but behind the frontal lobe), responsible for spatial operations, mathematics, and sensations.
- **Temporal lobe** (below the frontal and parietal lobes), responsible for memory, recognition, and auditory abilities.
- **Occipital lobe** (at the very back of the brain), responsible for visual perception.

3.3 Localization of Function

There is a lot history in cognitive psychology of claiming that functions are localized within the brain.

One theory was that different mental abilities were independent and autonomous functions that were carried out in different parts of the brain. The physical size of the regions was said to be related to the importance of that particular cognitive function. They even made career suggestions based on bumps on your head, because bumps were said to indicate brain regions that were abnormally large. Obviously, this is not true, but localization might be!

3.3.1 Faulty Assumptions

- Brain location/region size \neq power/capacity. Sometimes there is a loose relation between a brain region's size and its power, but it's not as black-and-white as it was described to be.
- Functions are not independent. This is especially false in the cortex because the whole brain is involved at some level with all tasks, only some regions are more active than others.

3.3.2 Localization of Language (Double Dissociations)

Let's say you have two patients.

- A patient with damage to area X is impaired for cognition A but not for cognition B .
- A patient with damage to area Y is impaired for cognition B but not for cognition A .

This is a **double dissociation**, where two patients' deficits correspond to the opposite deficit as each other.

3.4 Brain Imaging Techniques

Brain imaging is mostly done with fMRI today. Brain imaging today can measure healthy, normal brains, whereas in the past there was only an opportunity to analyze damaged brains.

3.4.1 Functional Neuroimaging

Electrical activity on the scalp can be measured. **Event-related potential** (ERP) is a derivative of EEG. We also use PET (Positron Emission Tomography) and BOLD (blood oxygenated level dependent fMRI) to analyze metabolism. PET scans are typically avoided because they involve injecting radioactive substances into your blood.

In analyzing the results from these scans, the same **subtractive logic** is used, as was used in determining decision time. We feed two stimuli to the subject, and subtract the more simplistic stimuli's results from the more complex stimuli's results, in order to get the delta.

Donders in 1868 foresaw BOLD fMRIs, despite the fact that technology was nowhere near that advanced back then.

3.4.2 Cerebral Blood Supply

Blood flow increases with neuron activity. Functional MRIs measure the difference in the magnetic properties of oxygenated and deoxygenated blood (BOLD). BOLD is slow because metabolic processes are slow. BOLD takes several seconds to take a measurement, which is relatively long.

fMRI machines can be setup with goggles for the subject or a prism to look through (at a screen) in order to show them stimuli for use in experiments. The same experiments are possible inside an fMRI – the only difference is that the subject is lying in a large magnetic tube.

The level of brain activity in various regions is illustrated on results by a color scheme. The more yellow a region is, the more active it is. Red regions are less active. Results and statistics are often superimposed over an MRI image. Statistics could also be plotted, with the % change being plotted against time.

4 Perception

Housekeeping Note: the first exam is next Thursday (January 24, 2013), and it will contain 30 multiple-choice questions and 2 short answer questions.

← January 17, 2013

- What our mind interprets is not a true representation of the world, but it's fairly close.
- Our retinas are magical. They define edges and boundaries for the objects we see.
- Fun fact: the retinal image is flipped left/right and upside down.
- The brain fills in many gaps, and makes many assumptions. It simplifies our visual and auditory world, and helps to make sense of it.
- The beauty of our cognitive architecture is we aren't actively aware of it.
- The way we perceive size and other qualities depends on our past experiences with similar stimuli. Some inferences our brain makes based on past experiences can sometimes lead us astray.

- Let's say you're looking at a book. The physical book is the **distal stimulus**, your retinal image of the book is the **proximal stimulus**, and your recognition of the object as a book is the **percept**.
- The distal stimulus and percept are not precise copies of one another.
- Perceived size, luminance, and color do not necessarily correspond in any simple way to the stimulus. Perception is not completely determined by the stimulus itself, it requires the perceiver's active participation.

4.1 Bottom-Up Processes

- Simple low-level functions that analyze for basic features, driven by stimuli.
- Often referred to as **data-driven** or **stimulus-driven**.
- Percepts are built from low-level features only.
- There are three general classes of bottom-up processes: template matching, feature analysis, and prototype matching.

4.1.1 Template Matching

- An external stimulus is matched with an internal template (a stored pattern in memory).
- A pattern is compared to all templates in memory and identified by the template that best matches it.
- Works well in machine vision applications, such as parsing the bank account/routing numbers on the bottom of cheques or the UPC code from a barcode.

There are a few problems with template matching, however.

- It needs lots of templates. You'd need an infinitely large cranium.
- It does not explain how we recognize new objects, or create new templates in the first place.
- It does not work well with surface variation of the stimuli (i.e. stimuli that are similar but not similar on the surface – such as varying writing styles).

4.1.2 Feature Analysis

- Objects are composed of a combination of features.
- Features are small/local templates that can be combined in many ways.
- The mind first recognizes individual features, then it recognizes the combination of them at a deeper level.
- Examples: pandemonium, recognition by components (RBC; involves complex features), and word reading.

There are several advantages to feature analysis.

- It's more flexible than template matching.
- It doesn't require nearly as many templates as in template matching (certainly not an infinite number of templates).

There is lots of evidence supporting feature analysis.

- **Visual search.** If you have a box filled with letters, most of which are curved letters, and you're asked to find the X in the box, it'll jump out quickly. If you're trying to find a target object within a group of objects, if the target object has the same basic features as the rest of the group, the search must happen serially because the visual cortex can't process the question. The reaction time remains constant as the set size increases if parallel (automatic) processing is occurring, otherwise it grows linearly.
- **Cortical feature detectors.** Recall these from the lecture on history.

4.1.3 Prototype Matching

- Matches a pattern to a stored, fuzzy representation called a **prototype**.
- A prototype is an idealized representation of a class of objects.
- Exact matching is not required.
- When you pass the featural level, the representation is compared to a prototype.
- The prototype for a class of objects differs from person to person based on their past experiences.
- Back in the day, Palm Pilots used prototype matching to allow people to type letters by writing them out. They used fuzzy matching to match peoples' scribbles with the letters of the alphabet.

4.2 Top-Down Processes

- Often referred to as **theory-driven** or **conceptually-driven** processing.
- Knowledge, theories, and expectations influence perception based on past experiences.
- Examples: context effect, and change blindness.

4.2.1 Context Effect

- Colors are influenced by their surrounding colors.
- Dale Purves discovered that the way we perceive objects is determined by our historical success or failure with similar objects. This happens at the neural level as well.
- A basic structure exists for the initial recognition, prior to any relevant experiences having occurred. This is the base case.
- Lots of pruning occurs over time.

- The gist of the context effect: context in which objects appear affects perception.
- See Dale Purves' website, Purves Lab (read that out loud), for a demonstration of the context effect in action. In particular, take a look at the "Brightness contrast with color: cube" demo.

4.2.2 Change Blindness

- You won't perceive changes that don't change the meaning of what you're perceiving.
- Flicker paradigm: you need a break for the perceptual system to reset. You can't just go from the original image to a modified image (you'll notice the difference) – you need a flicker between the images in order to not notice the difference.
- We perceive objects for the gist of it. We don't perceive all of the little, minor details.

4.3 Other Views of Perception

← January 22, 2013

4.3.1 Gestalt Approaches

- Has a bit of a top-down feel to it.
- Focuses on understanding how we come to recognize objects as forms.
- Form perception: segregation of displays into objects and background (vase vs. two faces illusion).
- It's a holistic view – how we impose structure on objects.
- It's very difficult to view the two faces and the vase in the illusion at the same time. You can force yourself to view one or the other, but seeing both at once isn't easy.
- The goal is to derive Gestalt principles of perceptual organization.
- Law of Pragnanz: we tend to select the organization that yields the simplest and most stable shape or form, out of all possible interpretations.
- There are various cues for simplification, including:
 - No grouping.
 - Proximity (several groups of 2, for example).
 - Similarity of color.
 - Similarity of size.
 - Similarity of orientation.
 - Common fate (objects that move together).
 - Symmetry.
 - Parallelism.
 - Continuity.
 - Closure.

- Once you perceive something in a certain way, it alters your perception of other things.
- Combining cues can help you figure out what to focus on and what's considered to be less focus-worthy (the background).
- Our perceptual system groups and categorizes objects. Our memory system is organized hierarchically and categorically.
- The human perceptual system is very efficient at processing faces. It's very good at recognizing, perceiving, and remembering faces. You can also read a lot (including sincerity and intentions) from faces.
- We impose facial structure on things that aren't faces (i.e. dents on Mars have some face-like features). Once you get the perception of a face, the other details fill themselves in – it's a very holistic, top-down, and automatic process.
- It takes longer to parse faces upside down because it is not how we naturally view faces – all of a sudden, we must apply feature analysis. The process is more serial, focusing on details.

4.3.2 Neuropsychology

- Patients with brain damage are often studied.
- The emphasis of these studies is on the preserved cognitive abilities and the deficits.
- Helps to identify which brain regions are special purpose devices that have a particular function, such as face recognition.

4.3.3 Visual Agnosia

- **Visual agnosia** is the inability to identify certain objects by sight.
- There are two types of visual agnosia:
 1. **Apperceptive agnosia**, which is the inability to form stable (pre-semantic) representations of objects. This is a low-level processing deficit. The retina is okay, but there is damage to one side of the brain near the back of the head.
 2. **Associative agnosia**, which is where percepts can be formed but cannot be identified (cannot achieve a correct semantic description). This type of agnosia is category-specific. This is a high-level cognitive deficit.
- **Prosopagnosia** is a type of associative agnosia where faces cannot be recognized.
- No faces can be recognized, not even those of family members. Not even their own.
- Cognitive processes that we're really good at, like face recognition, have a higher risk of damage because more cortical space is dedicated to them.
- People with prosopagnosia use contextual cues (such as clothes, etc.) to identify people instead of being able to identify people based on their face.

- Working with inverted faces is easier for people with prosopagnosia because their detail/feature analysis processes are more tuned and efficient than those of people who do not have prosopagnosia.
- There is evidence that there is still covert, unconscious recognition of these faces in people with prosopagnosia, however. The unconscious feeling of familiarity is called a GSR (a **Galvonic Skin Response**).
- You might have a similar experience with a GSR when you encounter someone out of their usual context.
- There is dedicated neural tissue in the brain for face processing, called the Fusiform cortex, also known as the **Fusiform Face Area** (FFA). This neural tissue is located in the temporal lobe of the brain.
- We tend to focus on the eyes, but people with prosopagnosia focus on less diagnostic features like mouths, etc. There's a tendency for them to use less distinguishable features to discriminate, which obviously isn't terribly effective.
- Why is this information stored in the temporal lobe? So it can be used in close proximity to other functions.

4.3.4 Capgras Syndrome

- **Capgras Syndrome** is the flip of prosopagnosia: you can recognize the person but you don't get the unconscious sense of familiarity.
- Everyone feels like an impostor, even people who are very close.
- There was a woman who suffered from Capgras Syndrome who claimed to have over 80 husbands because they all felt like impostors who had been replaced.
- People with Capgras Syndrome are not prosopagnosic. They just don't have any GSRs occurring.
- They have a delusional feel.
- One explanation is that it results from an attempt to reconcile the lack of GSR response with the fact that they know the person looks identical to someone they know.
- Some people believe the Fusiform area is actually reserved for our most advanced area of expertise, which just happens to be face processing.
- Prosopagnosia is where you can't sense overtly, but you can sense covertly. Capgras Syndrome is the opposite: you can sense overtly, but not covertly.

5 Attention

- There is a ton of sensory information available to you, but you only think about a very small portion of it.

← January 29, 2013

- The gorilla video: where you're asked to count the number of passes between the players wearing white. A gorilla passes through the scene. 42% of people did not see the Gorilla in the original study. This particular video was an updated video where in addition to the Gorilla, a player left the game and the curtain behind the players changed from red to gold. Note that white-shirted people were used to avoid confusion between black shirts and the gorilla.
- If the task is harder, attentional focus is stronger, which means there is a higher chance of missing the gorilla.
- We only perceive that which we attend to.
- How much of this information is actually processed? Attentional research became important during the cognitive revolution because humans have limited mental capacity.
- We can store 7 ± 2 bits of information in our consciousness. There is a lot more information available than that.
- How can we filter some information out in order to focus on other things? How much attention do we spend on out-of-focus things? How do we decide what to pay attention to?

5.1 Selective Attention

- Attention comes before perception.
- Attention determines which distal stimuli get turned into a percept.
- Sensation is not the same as perception.
- We're going to look at early selection and late selection, however we aren't making any claims about which is right and which is wrong.
- The key difference between early and late selection is where in the system the attention filter occurs. These are very debatable models.
- The thing you try not to do is the thing that is the hardest not to do (try not to think about blinking your eyes, for instance). This is an ironic process of cognition.

5.1.1 Early Selection

- The filter occurs after physical characteristics, but before meaning.
- **Broadbent's Filter Model:** selection is early because it is done on the basis of basic auditory features. The filter must happen very early on.
- False memories: because we filter out a lot of details, you may witness a crime but not pick up many details other than "gun" because your attentional focus was so strong. Our mind then tries to fill in the gaps with false memories.

- **Dichotic listening task:** tell people to focus on something (such as number of passes), which leaves no room to focus on something you should be ignoring (such as the gorilla). Given an audio stream, ask the subject to repeat the audio that was sent to one ear only. This allows researchers to see how much processing is occurring for the contents of the other ear.
- **Cocktail party effect:** if one's own name is in either in- or out-of-focus content, attention will be diverted to hear more. Certain things (such as our own names) have lower thresholds than other content, in order to divert our attention. The filter is not occurring just at the physical level.
- **Semantic leakage:** story switched from shadowing one ear to the other as the meaning continued on the other, unattended ear. You're picking up meaning, to some degree, in the unattended ear.
- **Associations learned unconsciously:** shock was paired with city names. Unattended city names in the unshadowed ear triggered a GSR response to those city names but not control words (even new city names).
- **Treisman's Attenuation Model:** 2 critical stages.
 1. **1st stage: "attenuator" instead of a "filter":** unattended messages are tuned down with attenuator, instead of by a filter. Analyzes for physical characteristics, language and meaning. Analysis is only done to the necessary level to identify which message should be attended. Unattended messages are attenuated.
 2. **2nd stage: dictionary unit:** contains stored words that have thresholds. Important items, such as your own name, have lower thresholds and thus even a weak signal can cause an activation. We all have different dictionary units and thresholds based on personal experiences and what matters to us. This explains things like the cocktail party effect, since our own name has a lower threshold.

5.1.2 Late Selection

- All information (both attended and unattended) is processed for meaning, and activates the corresponding representation in long-term memory (LTM).
- Selection of what to pay attention to happens during the response output stage.
- Human limitation for processing two streams of information lies in making a conscious response to each stimuli.
- The filter occurs very late. Meaning is determined for all information before the filtering process occurs.

5.2 Automaticity

- Intimately tied to attention.
- Automated processing does not require attention.
- Word reading is thought by many to be automatic.

- Over time, the attentional capacity required for a given task decreases. At first, you think about the mechanics of playing a guitar, for instance, but you stop thinking about the mechanics as time progresses.
- Down side: automaticity could interfere with other tasks. If a word is presented, you cannot prevent yourself from reading/processing the word for meaning. It's very difficult to stop an automatic process from happening.
- **The STROOP task:** a series of color bars (or color words) are presented in conflicting colors. The task is to name the color of the ink of each item as quickly as possible. The size of the STROOP effect increases as you become more proficient at that task.
- Capacity limitations (7 ± 2 pieces of information) are only applicable to tasks that require conscious attention, and do not apply to automatic processes.
- Practicing a task leads it into being an automatic process over time.
- **Controlled processing** is serial, requires attention, has a limited capacity, and is under conscious control.
- **Automatic processing** is without intention, with no conscious awareness, does not interfere with other mental activities, runs in parallel, and does not constrain capacity.

5.3 Disorders of Attention

← January 31, 2013

- Visual neglect is a disorder of attention. It's also known as heavy neglect, hemispatial neglect, or unilateral neglect.
- When the right parietal lobe is damaged, which effects your perception of your left vision.
- The visual components are there, but they cannot internally divert attention to the object.
- The ability to attend to stimuli and ability to divert attention is affected.
- They can still see everything if an external cue helps them along.
- The left hemisphere has less specialization, which means it is not affected nearly as much as the right hemisphere.
- Visual neglect is an attentional deficit rather than a sensory deficit.
- May also neglect contralateral side of the body, even to the point of denial.
- **Line bisection:** a patient is asked to bisect the center of a line. Normal people will hit the middle (almost; there is a slight right bias). Affected people would be far to the right because they see the line as being shorter. This is a test that's often used in diagnosis of visual neglect.
- If you had visual neglect, you wouldn't be able to drive.
- No two patients will have the *exact* same behavior, because their lesions differ.

- Anton was a patient who started to attend to more details as time went on, as he was recovering from his stroke. This illustrates that different patients can have varying degrees of severity.
- We know that this is an attention disorder because you can point out visual inaccuracies and they'll notice them at that point. They just cannot notice these visual inaccuracies without an external cue.
- **Semantic priming:** saying the word "doctor" and words like "nurse" will also be activated to some degree. A word in a neglected field will not be noticed, however it can prime responses to words in the attended field.
- Their visual perceptual system is not broken! This is purely an attention disorder.
- People with heavy neglect need to be conscious of their disorder but attention is generally unconscious, so this is hard to do.
- They do not have conscious (explicit) knowledge of information in neglected fields but they do show some unconscious (implicit) knowledge.

5.4 Attention in the Real World

- We have finite attentional abilities.
- Talking on a cell phone, or similar tasks, divert some of our finite attentional abilities from our primary focus.
- Listening to a radio broadcast is not very distracting. However, talking on a cell phone increases the probability of errors and increases response time (which isn't good in situations like driving).
- Why are cell phone calls bad? Two reasons: you have to hold the cell phone, and if you were instead talking to other people in the car, those people would be mindful of the situation whereas people on the other end of the line are not.

6 Memory Structures

- Short-term memory records 20 seconds worth of information. If this information is rehearsed a sufficient amount, it'll be moved to long-term memory.
- Episodic memories form in long-term memory starting at 4-5 years old. Semantic meanings (like word meanings) are learned earlier. You need a developed sense of self for episodic memories.

6.1 Sensory Memory

- Sensory memory represents about one second of information. It's very brief, and only handles basic percepts.
- We have a sensory store for *each* modality (1 second for iconic/visual and 4-5 seconds for echoic/auditory).

- Sterling wondered how long information is stored in sensory memory, and how much we can store in sensory memory. He presented subjects with a 3×4 matrix of letters to remember, with two recall conditions: whole report and partial report.
- If you take light and spin it in a circle, it appears to be a circle, not a single point, because of sensory memory.
- Multiple-choice exams are partial reports. They're cueing 30 questions out of (say) 500 possible questions.
- Full reports fail because sensory memory fades. Partial reports allow you to report before the information fades because there is less information to report.
- In real experiments, more trials acts as a way to eliminate the bias of people guessing rather than truly remembering.
- The 7 ± 2 pieces of information fact only applies to short-term memory, not sensory memory.
- Sensory memory is bigger than short-term memory. It's just shorter.
- Have you ever been in a situation where someone asked you a question, and you say "what?", but then answer the question a second later.
- Information will be wiped out if something takes their place. This is known as the **masking effect** for iconic percepts, and the **suffix effect** for echoic percepts.
- Iconic (visual) memory consists of < 1 second of information, containing the visual field and the physical features within it.
- Echoic (auditory) memory consists of 4 - 5 seconds of information, less than iconic memory, and contains categorical contents.

6.2 Short-Term Memory

← February 5, 2013

- Short-term memory is often abbreviated as STM.
- STM is your active consciousness at a particular point in time.
- You can keep track of 7 ± 2 bits of information in STM, according to George Miller.
- Short-term memory is where the real, conscious work happens.
- Short-term memory is similar to RAM in your computer (the number of active programs you can have is similar to your memory span).
- It's important to note that it's really 7 ± 2 chunks of information. N-F-L-C-B-S-F-B-I-M-T-V is hard to remember, but NFL-CBS-FBI-MTV is easy to remember.

6.2.1 Forgetting in Short-Term Memory

- If you don't use information, it'll fade away.
 - There are two theories in terms of how forgetting works in STM. Both are likely occurring in some way.
1. **Trace decay theory.** This is the automatic fading of the memory trace as time goes on. An experiment you could run to test this is to present some letters to a subject, then ask them to count backwards by 3s from some number (for some period of time), then to recall the letters. Due to trace decay, they may have trouble recalling the letters.
 2. **Interference theory.** This is the disruption of the memory trace by other traces, where the degree of interference that occurs depends on the similarity of the two memory traces (how similar the old & new memories are). There are two kinds of interference:
 - **Proactive interference** is where early information makes it hard to encode new information. This is the type of interference that occurs in your mind from focussing on several different classes at once, for instance.
 - **Retroactive interference** is a more powerful kind of interference where new information makes it difficult to retrieve old information. This has a bigger impact on long-term memory than proactive interference does.

A modified experiment could be used to suggest that proactive interference is occurring. You ask the subjects to remember and recall letters, with intervals between the various trials of the experiment. There is a control group that is given three letters to remember every time. The experimental group has to remember letters for all trials except the last. Switching the last trial like this causes a release from proactive interference! With the control group, their performance suffered as the number of trials increased. However, the experimental group jumped back up to maximum performance on the final trial, since it was a different task that did not experience proactive interference. This is pretty compelling evidence that proactive interference is actually occurring.

6.3 Working Memory

- Some researchers (Baddeley and Hitch) questioned whether the notion of short-term memory was adequate, or too simplistic.
- They claimed that rehearsing digits out loud interfered with reasoning and comprehension tasks, but the degree of impairment was far from dramatic. This task is known as the syntactic verification task. The percentage of errors did not change, but the reasoning time took longer and longer.
- The digit task takes up only one subsystem and the reasoning & comprehension tasks are free to use the other (unused) subsystems. This suggests that short-term memory is not a unitary system.

- We really have a central executive, a visuospatial sketch pad, and a phonological loop. The central executive coordinates resources between the visuospatial subsystem and the phonological subsystem. The visuospatial subsystem handles visual information, and the phonological loop handles articulation and other verbal information.
- The visuospatial sketchpad and the phonological loop are functionally independent systems.
- You can do two different tasks at the same time if one is verbal and one is visual.
- It's very hard to stop words from their obligatory access to the phonological loop. For example: it's hard to tune out music, TV, or a boring lecture, to study.
- A sentence is shown on the screen, and read aloud. It's then hidden. You're asked how many words there were. Both of these tasks use the phonological loop, so you offload one task (counting, in this case) to something visual, by counting on your fingers. If you didn't do this, this task would be very difficult (it'd have to be run serially).
- People have different strategies for encoding information (visually, through repetition, etc.).
- If these systems are independent (as they are), then articulatory suppression (repeating nonsense like "the the the the") should disturb memory for linguistic information but not for visual information. Saying words out loud makes it harder for you to rehearse information in your head.
- The act of saying something out loud makes it more distinctive, which means it's generally easier to retrieve that information from memory because there is a larger variety of cues for that piece of information (your own voice saying it aloud acts as a cue).
- It's generally easier to retrieve information that is more distinctive because cues are more unique to that piece of information, and aren't shared across multiple pieces of information in memory.

6.4 Long-Term Memory

- There is much evidence to show that we do actually have separate systems for working memory and long-term memory.
- Episodic and semantic memories (etc.) are stored in long-term memory.
- Long-term memory is akin to a hard drive in a computer. Both store information indefinitely. Information in LTM is stored forever, but it becomes harder to retrieve the information over time.
- Our conscious memories are also a reconstructive process.
- **Serial Position Effect:**
 - You're given 20 items to recall.

- You’ll remember the last couple of items because of the recency effect. These items are stored in sensory or working memory, and will be wiped out over time (i.e. with a delay between the items being presented and the time to recall them).
- You’ll also remember the first few items because of the primacy effect. These items are stored in long-term memory and can be wiped out through subvocal rehearsal.

- You can have deficits in one memory system but not another.

← February 7, 2013

- **Clive Wearing:**

- Has a severe case of amnesia because his temporal lobes are damaged (which contains the hippocampus, etc.). These are the structures that are involved in remembering and inserting new memories.
 - He has moment-to-moment consciousness.
 - He always feels like he’s awaking afresh, all the time.
 - He writes a diary / log of things that happen, to act as long-term memory. However, he doesn’t believe the things he wrote earlier so he crossed them out. He thinks he was unconscious when he wrote earlier log entries.
 - His short-term / working memory is intact, but his episodic long-term memory is not working. He can still play piano well, so his procedural memories are intact.
- Episodic memories are stored all around the cortex.
 - Retrieval is governed by the hippocampus, which acts as an indexing system.
 - The hippocampus can be wiped out but memories are still stored. They just can’t be retrieved.
 - People with amnesia do not suffer a primacy effect because they do not have long-term memory.
 - The capacity of long-term memory is very large or possibly infinite. It goes beyond what we can actually measure.
 - Long-term memory is coded semantically (by meaning). The concept of an apple is connected to seeds, fruit, pie, worm, food, pizza, and red. Some of those concepts are also connected to each other, too.
 - Long-term memory is a permastore, even without use. Retrieval cues just start failing over time with no use.
 - There are different types of retrieval. Recognition is when you’re asked “do you recognize X?”, which provides a retrieval cue. Recall is when you’re asked “list all of the words you saw.”, which clearly is a harder task and therefore has worse performance than recognition.
 - Savings of learning is the ability to quickly relearn something.
 - Forgetting memories typically is a very rapid dip, then it levels off.

- Interference is the main cause of forgetting in long-term memory. Concepts get difficult to retrieve as competition builds for certain retrieval cues (having multiple usual parking spots, for instance).
- The more cues you have for the same target, the easier it is to remember / retrieve it. The more distinct these cues are (from cues for other concepts), the easier it becomes.
- The deeper you process something (processed for meaning), the more meaningful it's going to be, the easier it'll be to retrieve later.
- Encoding can occur through two different types of rehearsal.
 - **Maintenance rehearsal:** repetition. Repetition allows you to maintain or hold information without transferring it into deeper code (deeper meaning). This is not a very effective encoding method.
 - **Elaborative rehearsal:** elaborate on meaning. This transfers the information to deeper code, and provides richer multimodal codes as a result. It makes the memory more unique and therefore easier to retrieve.
- **The Generation Effect:** people are much better at remembering things that came from within. You're reliving the experience as part of the retrieval process.
- **Encoding Specificity Principle:**
 - "Recollection of an event, or a certain aspect, occurs if and only if properties of the trace of the event are sufficiently similar to the retrieval information." –Endel Tulving.
 - More cues at encoding time means you'll store a more accurate representation.
 - This principle is why witnesses to crimes are often taken to visit the scene of the crime again.
 - There is a *slight* benefit to writing a test in the same room you learned it in.
- **Context Dependent Memory:** information learned in a particular context is better recalled if recall takes place in the same context. Memory is dependent on the context it was encoded in.
 - **Location:** a perfect dissociation was seen in the scuba divers recall experiment (studying words underwater, then asked to call on land and underwater – underwater performance was better).
 - **Alcohol:** information that was learned while intoxicated was retrieved well when intoxicated again. Information learned while intoxicated but retrieved while sober was the worst case.
 - **Personality:** an individual with dissociative identity disorder was asked to learn and recall a list of words in each of four personalities. If the study personality matched the subject's personality, their own personality will have floored performance (less errors) and other personalities were had ceiling performance (more errors). Jonah was the dominant personality that did better than others, with "average" results for all personalities types (not great at any, and not terrible at any).

7 Memory Processes

← February 12, 2013

7.1 Reconstructive Nature of Memory

- Memory is an active reconstructive process. As we recall memories, we relive those experiences and fill in gaps (as before). Memories are not accurate replays.
- Information is processed for the gist of it (the meaning). The same goes for information in memories.
- Bartlett created an experiment where a story was read to participants, then they were asked to recall the story at a later point in time. As time increased, people reported aspects of the story in a culturally consistent manner. That is, they inserted details into the story without being aware that they were doing so.
- A **schema** (pluralized as **schemata**) is a framework for organizing memory.
- Last class, the prof listed a bunch of words that were associated with the word “window”, but he did not say “window” as part of the list. However, half the class *thought* he said “window” as well. This is an example of how easy it is to create false memories.
- Your mind will fill in gaps in order to make sense or to make it a better story.
- 80,000 court cases a year occur in the United States where eyewitness testimony is the only evidence against the accused.
- Eyewitness testimony is very convincing (persuasive), however the validity of those memories can be highly suspect based on a few variables.
 - Memory can integrate suggested details. For example, if you ask the question “about how fast were the cars going when they ____ each other?”, the answer distribution will vary depending on what word is inserted. If you use the word like “smashed”, people will report higher speeds and if later asked about whether there was broken glass, they’re more likely to say yes. If instead you used the word “contacted”, it sounds less threatening so reported speeds will be lower and less people will report broken glass.
 - Leading questions (misleading questions) can affect recall of the event.
- Inconsistent questions can also serve to confuse. Let’s say you were given a scene to memorize containing a car pulling up to a yield sign. If you’re then asked “did another car pass while it was stopped at the stop sign?”, that’s confusing (inconsistent) because it was actually a yield sign.
- We’re not sure if inconsistent questions replace or modify memory, or if they just add additional interference to your memories.
- True memories can activate different areas of the brain than false/deceptive memories. In theory, we may be able to use an fMRI as a lie detector because of this. The hippocampus has the same activation pattern for both, but the parahippocampal gyrus has different activation patterns for true memories than for false memories. As far as the person is aware, these are all real memories – they don’t consciously realize that some memories are false, but the brain knows.

7.2 Amnesia

- Amnesia is caused by damage to the hippocampal system (which is composed of the hippocampus and amygdala) and/or the midline diencephalic region. This damage could be caused by a head injury, stroke, brain tumor, or a disease.
- There are two types of amnesia:
 - **Anterograde amnesia** is the inability to form new memories. It affects long-term memory but not working memory. Memory for general knowledge remains intact, as is skilled performance. Anterograde amnesia occurs for a period of time after a particular event. The movie “50 First Dates” is about someone who cannot encode episodic memories.
 - **Retrograde amnesia** is the loss of memory of past events. It is always present with anterograde amnesia. It doesn’t affect overlearned skills (such as general social skills and language skills), or skill learning (like a minor tracing task). The retrograde period is a period before a particular event that you cannot remember. Over time, this period decreases in length, but the older memories come back first.
- Anterograde amnesia will also have retrograde amnesia in every case, but you can have retrograde amnesia without having anterograde amnesia.
- You can find people with damaged episodic memory, but intact semantic memory. The reverse is also true, but it’s much rarer.
- Participants were given lists of words followed by four memory tasks:
 - Free recall (explicit task).
 - Recognition (explicit task).
 - Word fragment identification (e.g. participants had to identify visually degraded words) (implicit task).
 - Word stem completion (e.g. complete the stem: bo_) (implicit task).

The control group did better for the explicit tasks, but the results were fairly even for the control group and the amnesia group for the implicit tasks. Why is this? With explicit tasks, the participant would have to place themselves in a situation consciously, which is harder for amnesics because they can’t remember those situations.

- Explicit tasks are tasks that involve directly querying memory, whereas implicit tasks indirectly assess memory.
- Amnesia causes a deficit with explicit memory but not implicit memory.
- Tulving claimed that long-term memory consists of two distinct but interactive systems:
 - **Episodic memory** is memory for information about one’s personal experiences. These memories have a date and time. For example: your memory of where you were on September 11, 2001.
 - **Semantic memory** is general knowledge of language and world knowledge. For example: shoes go on your feet.

- Semantic memories may have an episodic trace, which can be lost over time. For example: you may have an episodic memory of the circumstances where you learned that Ottawa is the capital of Canada.
- If episodic memories are “lost”, they’re still there but the indexing system is unavailable, making the episodic memories inaccessible.
- Episodic and semantic memory systems are dissociated in the brain.
- There is slightly more activation in the temporal lobes for semantic memories. There is *much* more activation in the frontal lobes for episodic tasks.
- A patient had a motorcycle accident which caused damage to his frontal and temporal lobes (including the left hippocampus). His intellectual functioning (intelligence, memory span, language, and normal vocabulary) was preserved, as was his semantic memory. However, he has lost his episodic memory, so he can’t remember his brother’s death or when he broke his own arm.
- A woman with encephalitis had damage to her front temporal lobes. She lost her semantic memory, so she forgot the meanings of common words and cannot recall basic attributes of objects. However, her semantic memory is fully intact. She can still remember her wedding, honeymoon, her father’s death, and she can produce many details about events like those.

7.3 Models of Semantic Memory

- Collins and Quillian suggested a hierarchical semantic network model consisting of cognitive economy and semantic networks.
- **Cognitive economy** aims to minimize redundancy. Properties and facts are stored at the highest level possible in a hierarchy.
- **Semantic network** is the concept that our semantic memories are stored as a series of nodes which are connected by pointers or links.
- The semantic network has three levels: superordinate, basic, and subordinate. For example: the concept of an “animal” is stored at the superordinate level, “bird” and “fish” are at the basic level, and “canary”, “ostrich”, “shark”, and “salmon” are at the subordinate level.
- Research supporting semantic networks tests reaction times. The theory is that people should be faster at verifying statements whose representations spanned fewer levels than statements whose representations spanned two levels. For example: “a canary can sing” should be faster than “a canary can fly” since the “sing” property is at the canary (subordinate) level and the “fly” property is at the bird (basic) level.
- There is a problem with these reaction time experiments, though: the **typicality effect**. We’re faster at responding to “a robin is a bird” than to “a turkey is a bird”, even though they span the same distance on the semantic network. The concept of a robin is somehow more closely associated with the concept of bird than turkey is.

- Collins and Loftus suggested **spreading activation theory**, which does not consist of a hierarchy. Instead, concepts are represented in a web-like fashion, where each concept is represented by a node. Activation spreads between related concepts.
- Evidence in support of spreading activation theory comes from priming experiments. People are shown two items on a trial and asked to decide if the second item spells a word. This is a **lexical decision task**.

7.4 Memory & Studying

- **The Working Memory Model:**
 - Since we have two functionally independent subsystems (the visuospatial sketchpad and the phonological loop), encoding information visually (if possible) would eliminate many distractions.
 - Studying in silence is best because studying typically involves the phonological loop. Instrumental music is also okay, although it does have some negative effects. Vocalizations of any kind are bad and will distract you.
- **Levels of Processing:**
 - Put things into a meaningful context because meaning is how information is stored and retrieved in long-term memory.
 - Put concepts into your own words in order to increase meaning.
- **The Generation Effect:**
 - The act of generating lecture notes is more beneficial than reading them afterwards.
 - Not taking your own lecture notes will come back to bite you.
 - After writing your own notes, writing a test is really just doing what you've done before.
 - This is perhaps the most important principle for studying.
- **The Encoding Specificity Principle:**
 - Testing in the same room you learned the content in can benefit you.
- **Distributed Practice:**
 - It's better to learn information in many small periods rather than one large period.
 - The retention level for distributed studying is much higher (especially over time) than massed studying.