M8 Assignment: Memory

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3/3/2024

**Episode & Semantic Memories:**

When discussing episodic or semantic memories from my life, I can recall an example for each. For an episodic memory, I can recall the last time I spent time with my friends. I can vividly recall details about where I was at, who I was with, and what we are doing, but I cannot recall a lot of the words that were spoken. For semantic memory, I believe course project #1 is a great example. In the course project, I delved into research regarding addiction, drugs, and their impact on the brain. Since doing that project, the words “pre-frontal cortex, amygdala, dopamine, limbic system,” all have meaning, and I can recall the facts about those words.

**Memory Processing:**

These two memories are both considered long-term memory and are explicit memories. How they were initially processed and remembered are slightly different. Since episodic memories are like events we recall, this memory was encoded most likely using automatic processing, as I wasn’t there to remember details. The types of encoding would also most likely be visual and acoustic encoding. For my semantic memory, this memory was formed with effortful processing, as my goal was to learn the information and remember it. I was able to create this memory due to elaborative rehearsal, as constantly thinking about the paper forced me to rehearse the information.

**Memory Accuracy:**

The accuracy of my memory is good or bad depending on what it is I am trying to remember. I have always struggled to remember the small details, such as what someone was saying to me during a conversation, but I remember the person, where we were, and how the conversation made me feel. I tend to believe this shortcoming is due to either transience or absentmindedness, terms from the Seven Sins of Memory created by Psychologist Daniel Schacter. While this can be upsetting, I remember that while I might struggle with the accessibility of my memory over time or a weak attention span, someone else might struggle with other memory sins. My memory errors might show themselves when someone is asking me to give them an example of something they do that bothers me, due to my memory limitations, I will struggle to give them an example.