



Introduction: The notion that we have several memory systems is one of the most important ideas in cognitive psychology. It is based on the work of psychologists like Atkinson and Shiffrin, who proposed the multi-store model of memory. This model suggests that information enters the memory system through the senses, moves to a short-term store, and then to a long-term store. This model has been widely accepted and has led to a better understanding of how memory works.

Declarative memory: Evidence from patients suggests the distinction between declarative and non-declarative memory. Declarative memory involves conscious recollection and non-declarative memory involves unconscious recollection. This distinction is based on the work of Milner, who studied the effects of brain damage on memory. Milner found that patients with damage to the hippocampus had difficulty with declarative memory but not with non-declarative memory.

Episodic memory: Episodic memory is often assessed by the use of the word "episodic". Episodic memory is a type of declarative memory that involves the recollection of specific events, situations, and feelings. It is often assessed by asking people to recall specific events from their past. Episodic memory is a type of declarative memory that involves the recollection of specific events, situations, and feelings.

Semantic memory: Most objects can be described at the superordinate, basic, and subordinate levels. Basic-level concepts are typically used to describe the world. Semantic memory is a type of declarative memory that involves the recollection of general knowledge about the world. It is often assessed by asking people to recall general knowledge about the world. Semantic memory is a type of declarative memory that involves the recollection of general knowledge about the world.

Non-declarative memory: Memory is not only declarative but also non-declarative. Non-declarative memory involves unconscious recollection and is often assessed by asking people to perform tasks that require non-declarative memory. Non-declarative memory is a type of memory that involves unconscious recollection and is often assessed by asking people to perform tasks that require non-declarative memory.

Repetitive memory systems and declarative vs non-declarative memory: The distinction between declarative and non-declarative memory is controversial. It does not fit neatly into the traditional memory systems model. This is because declarative and non-declarative memory are not always distinct. Declarative and non-declarative memory are not always distinct. Declarative and non-declarative memory are not always distinct.