CPI 460

Notes 1-12-2017

In psychology, learning means storing info.

Long-term memory

* Episodes (episodic memory)
  + Automatic
  + Low retrieval speed
  + Conscious
* Perception/Action routines (implicit memory)
  + Requires hundreds of episodes of practice to store
  + Retrieval speed is high, sometimes unintentional
  + Not conscious
* Everything else (semantic memory)
  + Requires several episodes of practice
  + Speed varies with amount of practice & other factors
  + Conscious

Short-term memory

2 specialized and 1 general purpose one.

* Phonological loop
* Visuo-spatial sketchpad
* Working memory

Practice vs Deliberate Practice

* You won’t become an expert if you only practice
* Become an expert with deliberate practice, that is to study what you did wrong, slow down, study proper technique, etc…