1. Long Term Memory
   1. Implications for study habits
      1. Elaborative rehearsal
      2. Organization
         1. Organize your notes and learning around what you already know
         2. The more you know about a topic the easier it is to learn new concepts
         3. Allows you to organize and restructure information
         4. Take neat notes, where something appears on your page is important.
      3. Spacing Effect
         1. Space out your studying
         2. Emphasizes the difference between mass practice and distributive practice
         3. Massed vs. distributive practice
            1. Mass practice

Cramming for your exam

* + - * 1. Distributive practice

Spacing out your studying

* + - 1. According to spacing effect that you practice in spaced intervals, if you distribute your study, you are much more likely to remember it long term.
      2. Why this occurs
         1. First reason

If you cram we tend to pay less attention to the material if it’s repeated too soon. You feel as if you already know it.

Cramming produces a feeling of overconfidence.

* + - * 1. Second reason

The more ways you process the material the better your memory

The more examples you create the better your memory will be

* + 1. Generation effect
       1. Those who generate the word are much more likely to remember than those who read it.
       2. You will remember something better if you do it yourself than if you watch someone else do it
       3. Fast – S\_\_\_ (Generate)
       4. Fast – Slow (read)
       5. Practice in the same format as the exam
    2. Overlearning
       1. Continued rehearsal/study even after that material has been mastered
       2. What does overlearning do?
          1. Increases the chances you will be able to retrieve that information when you need it
  1. Content
     1. Declarative memory
        1. Semantic
           1. Concepts and world knowledge
           2. General knowledge
           3. Language, facts about the world, etc
           4. You may not remember where you were when you learned it.
           5. All semantic memories are the same.
        2. Episodic
           1. Infantile amnesia

Typically we can’t remember before the age of about two to four.

We are unable to retrieve our very early child memories

A 6 month old can remember what happens to them when they’re four months old.

We just can’t retrieve them once we get outside the time period, unless it’s very special or traumatic.

* + - * 1. Knowledge of personal information, experiences, specific episodes in your life, what you had for dinner last night, what you did on your 18th birthday. List of digits fall into episodic memory as well.
        2. All of our episodic memory is different
      1. The concept of what a maiden name is – semantic
      2. What your mothers maiden name is - episodic
    1. Procedural memory
       1. Skill memory
          1. Physical skill itself
          2. Throwing a ball, riding a bike, washing your hair, etc
          3. You don’t have to declare that you know it, but you exhibit you know it.
  1. Retrieval
     1. Tip of tongue phenomenon
        1. Accessing part of the memory but not the whole memory
     2. Recognition vs. recall
        1. Recognition
           1. One in which you are given a series of options/responses and you have to chose which one is correct.
           2. Multiple choice
           3. Typically recognition is easier than recall
           4. What that shows us is that the information is in your LTM you just need the additional help in order to retrieve it.
        2. Recall test
           1. You are given an open ended question and then you can respond in any manner you’d like.
           2. Essay, short answer, fill in the blank, etc
           3. Recall is a two step process

First you have to come up with possible answers

Second you have to decide if that’s correct

* + - 1. Illusion of truth
         1. The more you hear something the more you believe it.
         2. The more you stare at the wrong answer the more you can believe it’s the right answer
         3. When taking the multiple choice test, cover up all answers, try to come up with the answer as if it’s a short answer question
         4. Forces you to read the answer completely.
    1. Context-dependent memory
    2. State-dependent memory
    3. Mood congruent memory