1. Memory
   1. Retrieval process
      1. Recognition vs. recall
      2. Context-dependent memory
         1. The similarity of your study condition and your testing condition can improve memory.
         2. If you learn words in one room, you’ll remember them best in that one room.
         3. In classroom material it doesn’t matter where you learn it and where you’re tested
         4. Only a limited amount of study takes place in this very classroom.
         5. If you mentally reinstate where you are at, even if not in the same room or seat, then you’ll do just fine.
         6. Imagining where you were when you learned it will help you
      3. State-dependent memory
         1. The similarity of the state of mind when studying and test can enhance the retrieval process
         2. If you learned something drunk, you’re better off remembering something drunk than sober.
         3. We know alcohol disrupts the encoding process
         4. If you smoke when you study, you have nicotine in your system. You’re changing your internal state.
      4. Mood congruent memory
         1. Study
            1. Participants in neutral mood
            2. Vomit (neg)
            3. Party (pos)
            4. Clown (pos)
            5. Assault (neg)
         2. Test
            1. Participants made to be either happy or sad
            2. Results

Happy participants remembered more positive words

Sad participants remembered more sad words

* + 1. Amnesia
       1. Anterograde amnesia
          1. Inability to learn anything new
          2. They know their life history, name, etc
          3. Because they can never learn any new information it’s as if they live in a moment to moment world
          4. You can introduce yourself to a person, talk to them, but if you left the room and came back in a few minutes they’d have no clue who you were
       2. Retrograde amnesia
          1. Inability to recall information that occurred just before some physical trauma
          2. The more severe the injury the more you will not remember
          3. It’s very rare for someone to forget their entire past.
       3. Clive Wearing
          1. He always thinks he has been awake for 2 minutes
          2. Suffers from anterograde and retrograde amnesia
          3. He has habituated to this feeling
          4. Even though he can longer learn new information consciously.
          5. He can learn information in an implicit level
          6. He lives in a group home in England, if you ask him where the kitchen is in the house, he will say he won’t know.
          7. If he’s hungry and wants tea, he can get to the kitchen.
          8. He’s unable to declare the memories