# Memory & Cognition

## May 6, 2013

* **Other Recall & Recognition Problems**
  + **Tip of the tongue** - We are confident we know something but are unable to recall it. An example of retrieval failure. You access a part of that memory, but do not have enough information to retrieve the entire word.
  + **Source Monitoring**
    - **Internal Source Monitoring** – Refers to the ability to distinguish between two internal sources. Discriminates between you said or did – or something you actually did. Did you turn off your stove, or did you just think you turned off your stove?
    - **External Source Monitoring** – Differentiate from two different people. Who told you the joke?
    - **Reality Monitoring** – Distinguishing between one internal source and one external source. Differentiate between something you thought about or did and somebody else.
* **Mnemonics – Any device that can help you retain information.**
  + **Verbal Mnemonics**
    - **Acroynm** – Words that are formed from the initials of other words.
    - **Chunking** –
    - **Phonetic Mnemonic** – Mnemonics are converted to speech sounds and converted to words. Words are easier to remember since they’re meaningful.
  + **Imagery Mnemonics**
    - **Chain and Link** – Form mental images to remember better. The image triggers the next image.
    - **Peg Word**
      * **1 is bun, 2 is shoe, 3 is a tree.**
      * **1 Bun – Paste**
      * **2 Shoe – Chips**
      * **3 Tree – Coke**
      * **The advantage of this, you will get ordinal information very quickly.**
    - **Method of Loci**