

Memory (PSY1B.2)

05 February 2019 15:50

1. DIFFERENT MEMORY SYSTEMS (0)
2. WORKING MEMORY (0)
3. SCHEMA (0)
4. EXPERTISE (0)
5. FORGETTING (4)

1. DIFFERENT MEMEORY SYSTEMS

Memory is not a single thing, very modular system

- **Sensory memory** (<1s)
- **Short term memory** (1-3s) - visual, spatial, verbal
- **Working memory** (<30s) - processing and short term
- **Long term memory**
 - o **Episodic** (events & actions) - retrospective and perspective
 - o **Semantic** - learned knowledge and skills
- For all kinds of memory:
 - 1) Encoding
 - 2) Retention
 - 3) Retrieval
 - 4) Forgetting

2. WORKING MEMORY

Working memory as a mental workspace

- ★ - Contains separate components for visual and spacial memory
- Verbal STM uses acoustic encoding
 - o Letters that sound similar harder to recall immediately
- The faster you speak the higher your memory span
- People with Alzheimer's struggle with dual tasks

3. SCHEMA

We construct schema for different situations

- We often use schema to fill in the gaps in our memory for events
- We recall what 'must' have happened rather than what actually happened

4. EXPERTISE

- Chess experts much better at recalling board positions - But only if its a 'real' board
- Burglars > police > house owners: skill in detecting changes in houses

5. FORGETTING (0)

The forgetting curve (you forget a lot of useless details aswell)

- ★ - Avoid with
 - 1) Self testing
 - 2) Expanding distribution
- You forget less when sleeping (and meditating)
- Retroactive vs. Proactive interference
 - o Harder to remember old phone number if you learn a new one
 - o Easier to learn PSY1B if you've done 1A

5.1) ABNORMAL FORGETTING

Retrograde amnesia - can't retrieve memories before brain damage

Anterograde amnesia - can't encode new memories/abilities

- Both occur seperatly

- Can be temporary or long term

Patient HM

- Continually waking from a dream

5.2) PROSPECTIVE MEMORY

Prospective remembering - remembering to carry out an intention

Age paradox:

- young adults are better than old adults when tested in a lab
- Older adults better when tested in real life settings
 - ★○ Better because making more use of external cues

5.3) FLASHBULB MEMORIES

Stand out events (e.g. 9/11)

Unconscious transference - the susceptibility to blame the bystander

- Hypnosis can increase susceptibility to false recall

5.4) MISLEADING QUESTION

Example: at what speed was the car travelling at when it (1) hit/(2) smashed-into the lamppost

- (2) say a higher speed and more likely to remember broken glass
- Re-enactment can help people remember