

Psych 355 Chapter 6 - Practical aspects of memory.

metacognition = your knowledge about your cognitive processes, as well as your control of these cognitive processes.

-Memory strategies 1: Memory strategies informed by memory concepts-

when using a **memory strategy**, you perform mental activities that can help improve you encoding and retrieval. Most help you remember something that you learned in the past i.e. lecture information.

-Divided Attention-

people are not as great at multitasking as they think and perform better when focusing all their mental efforts on one task at a time. Important when listening to lectures or reading you text. Distractions reduce the amount of information to which your able to attend.

-Working memory-

has limits. Phonological loop or visuospatial sketchpad may become overly taxed as a result of too much input arriving via the auditory or visual input modalities. Result is less info will make it to long-term memory. i.e. Can study slides before class or read text to familiarize yourself, making it less likely to be overwhelmed during lecture. Evidence on this shows mixed results. Slides being available make no diff on exams in some, and do make a diff for exams in others.

-Levels of processing-

we will recall info better if we process it at a deep level, rather than a shallow one.

-Elaboration-

If you want to emphasize **elaboration**, you will concentrate on the specific meaning of a particular concept; you'll also try to relate this concept to your prior knowledge and to interconnected concepts that you have already mastered. You should emphasize rich, elaborate encoding, for instance, by explaining a concept to yourself. If you use simple **rehearsal** = repeating the information you want to learn, you are not likely to benefit much in terms of accurate recall at some later point in time.

try to create why questions when trying to master complex material. Must use deep processing to think about the meaning of material and connect this new material w/ info you already know.

i.e. students in a psych personality course were able to learn more about the theories when they applied them to ppl they know and political figures (did this in a journal).

-Distinctiveness-

Practical Theoretical Aspects Of Psych

Victor M. Corman



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