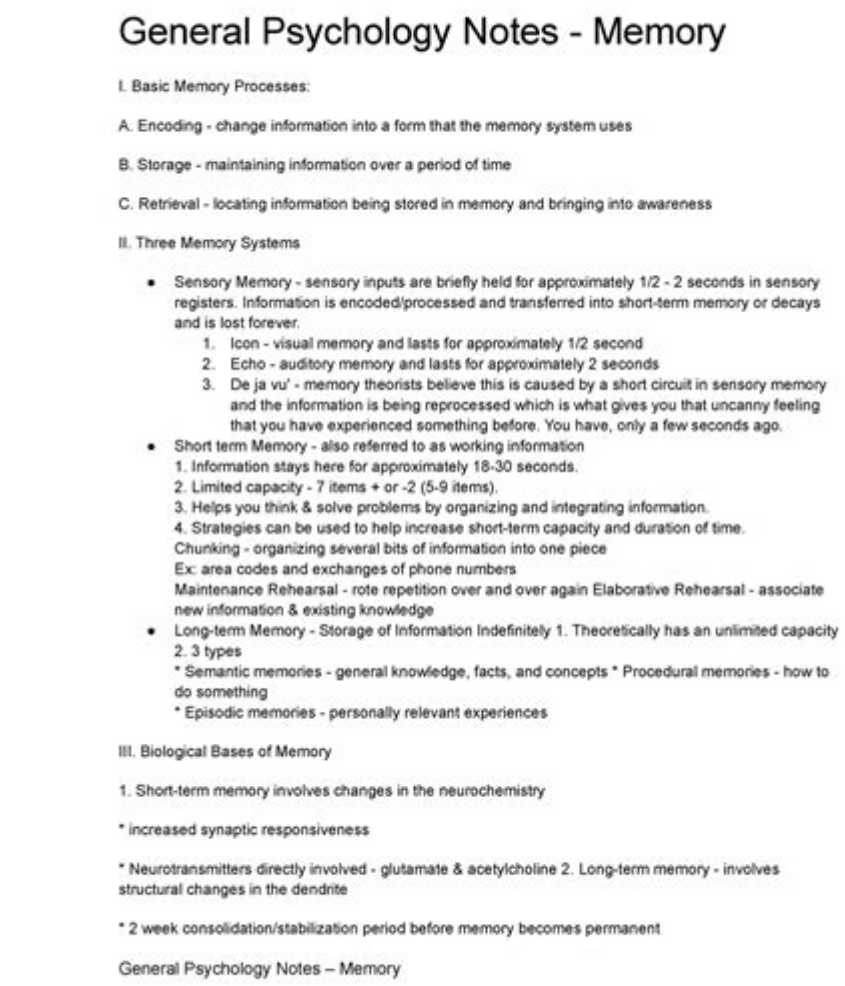
General Psychology Notes Memory Garrett College



General Psychology Notes - Memory

I. Basic Memory Processes:

A. Encoding - change information into a form that the memory system uses

B. Storage - maintaining information over a period of time

C. Retrieval - locating information being stored in memory and bringing into awareness

II. Three Memory Systems

- Sensory Memory - sensory inputs are briefly held for approximately 1/2 - 2 seconds in sensory registers. Information is encoded/processed and transferred into short-term memory or decays and is lost forever.
  1. Icon - visual memory and lasts for approximately 1/2 second
  2. Echo - auditory memory and lasts for approximately 2 seconds
  3. De ja vu' - memory theorists believe this is caused by a short circuit in sensory memory and the information is being reprocessed which is what gives you that uncanny feeling that you have experienced something before. You have, only a few seconds ago.
- Short term Memory - also referred to as working information
  1. Information stays here for approximately 18-30 seconds.
  2. Limited capacity - 7 items + or -2 (5-9 items).
  3. Helps you think & solve problems by organizing and integrating information.
  4. Strategies can be used to help increase short-term capacity and duration of time.
  Chunking - organizing several bits of information into one piece
  Ex: area codes and exchanges of phone numbers
  Maintenance Rehearsal - rote repetition over and over again Elaborative Rehearsal - associate new information & existing knowledge
- Long-term Memory - Storage of Information Indefinitely 1. Theoretically has an unlimited capacity
  2. 3 types
  * Semantic memories - general knowledge, facts, and concepts * Procedural memories - how to do something
  * Episodic memories - personally relevant experiences

III. Biological Bases of Memory

1. Short-term memory involves changes in the neurochemistry

* increased synaptic responsiveness

* Neurotransmitters directly involved - glutamate & acetylcholine 2. Long-term memory - involves structural changes in the dendrite

* 2 week consolidation/stabilization period before memory becomes permanent

General Psychology Notes – Memory

General psychology notes memory Garrett College provide a comprehensive understanding of how memory functions, its types, and the factors influencing it. Memory is a fundamental aspect of human cognition, enabling individuals to retain, recall, and apply information in various contexts. At Garrett College, students delve into the intricate workings of memory, exploring theoretical frameworks and practical applications that enhance their psychological acumen. This article will summarize key concepts surrounding memory, highlight its significance in psychology, and outline study tips for mastering these concepts.

Understanding Memory in Psychology

Memory is a complex cognitive process that involves encoding, storing, and retrieving information. Psychologists categorize memory into different types based on various criteria, including duration, capacity, and nature of the information being processed.

The Stages of Memory

Memory is often described in three stages:

1. Encoding: This is the initial process of transforming sensory input into a form that can be stored in the brain. This can involve visual, auditory, or semantic encoding.

2. Storage: Once information is encoded, it must be retained over time. Memory storage can be short-term or long-term:
- Short-term Memory: Also known as working memory, it holds a limited amount of information for a brief period, typically around 20-30 seconds.
- Long-term Memory: This type can store vast amounts of information for extended periods, potentially for a lifetime.

3. Retrieval: The final stage involves accessing stored information when needed. Retrieval can be influenced by various factors, including the context in which the information was encoded.

Types of Memory

Understanding the different types of memory is crucial for grasping the broader concepts in general psychology. The major types of memory include:

1. Sensory Memory

Sensory memory is the shortest type of memory, lasting only a fraction of a second. It captures sensory information from the environment, such as sights and sounds, allowing for initial processing before the information fades away.

2. Short-term Memory

As mentioned earlier, short-term memory allows for the temporary holding of information. It can typically hold about 7±2 items, a concept known as Miller's Law. Techniques like chunking can help improve the capacity of short-term memory.

3. Long-term Memory

Long-term memory is further divided into explicit (declarative) and implicit (non-declarative) memory:

- Explicit Memory: This type involves conscious recollection of facts and events. For example, remembering a specific date or the name of a person falls under explicit memory.

- Implicit Memory: This type involves unconscious retention of information, such as skills and habits. For instance, riding a bicycle or typing on a keyboard are examples of implicit memory.

Factors Influencing Memory

Several factors can impact memory formation and retention. Understanding these factors can aid students at Garrett College in their studies and practical applications.

1. Attention

Attention plays a pivotal role in memory. Information that captures our attention is more likely to be encoded effectively. Distractions or divided attention can hinder the encoding process, leading to poor memory retention.

2. Emotion

Emotional experiences tend to be remembered more vividly than neutral ones. The amygdala, a brain region involved in processing emotions, enhances the encoding of emotionally charged memories, making them more accessible for retrieval.

3. Rehearsal

Repetition is a powerful tool for improving memory. There are two primary types of rehearsal:

- Maintenance Rehearsal: This involves repeating information to keep it in short-term memory.

- Elaborative Rehearsal: This approach connects new information to existing knowledge, facilitating deeper processing and improving long-term retention.

4. Context and Cues

The context in which information is learned can significantly affect memory retrieval. Context-dependent memory suggests that recalling information is easier when in the same environment where learning occurred. Similarly, cues can trigger retrieval, making it easier to access stored information.

Memory Disorders

Understanding memory disorders is important in the field of psychology. Some common disorders include:

1. Amnesia

Amnesia is characterized by a loss of memory and can result from various causes, including trauma, illness, or psychological factors. There are two main types:

- Anterograde Amnesia: The inability to form new memories after the onset of amnesia.

- Retrograde Amnesia: The loss of pre-existing memories prior to the onset of amnesia.

2. Alzheimer's Disease

Alzheimer's disease is a progressive neurological disorder that leads to memory decline, cognitive impairment, and changes in behavior. It primarily affects older adults and can severely impact daily functioning.

Study Tips for Mastering Memory Concepts

Students at Garrett College can employ various strategies to enhance their understanding and retention of memory-related concepts. Here are some effective study tips:

- **Active Learning:** Engage with the material through discussions, teaching others, or applying concepts in practical scenarios.

- **Use Mnemonics:** Create acronyms, rhymes, or visual images to aid in remembering complex information.

- **Practice Retrieval:** Test yourself frequently on the material to enhance retention and identify areas needing improvement.

- **Stay Organized:** Use outlines, charts, and diagrams to structure information logically, making it easier to study.

- **Limit Distractions:** Create a conducive study environment that minimizes distractions to improve focus and attention.

Conclusion

General psychology notes memory Garrett College encompass a wide array of topics, from the stages and types of memory to the factors influencing it and the impact of memory disorders. By understanding these concepts, students can develop a nuanced perspective on how memory affects human behavior and cognition. Utilizing effective study strategies can further enhance their mastery of this critical area of psychology, equipping them for future academic and professional endeavors.

Frequently Asked Questions

What are the key components of memory as discussed in General Psychology at Garrett College?

The key components of memory include encoding, storage, and retrieval. These processes help in transforming information into a form that can be stored and later accessed.

How does the course at Garrett College explain the difference between short-term and long-term memory?

Short-term memory holds a limited amount of information for a brief period, typically around 20-30 seconds, while long-term memory can store vast amounts of information for extended periods, potentially a lifetime.

What role does working memory play in cognitive processes according to the psychology curriculum at Garrett College?

Working memory is crucial for temporarily holding and manipulating information necessary for complex cognitive tasks like reasoning, learning, and comprehension.

Are there specific techniques taught at Garrett College to improve memory retention?

Yes, techniques such as mnemonic devices, visualization, chunking, and spaced repetition are commonly taught to enhance memory retention and recall.

What psychological theories related to memory are covered in the General Psychology course at Garrett College?

The course covers various theories including the multi-store model of memory, levels of processing theory, and the working memory model, providing a comprehensive understanding of how memory functions.

General Psychology Notes Memory Garrett College

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