AP Psychology Chapter 6 Review --Memory

1. What is Korsakoff's syndrome?
   amnesia due to chronic alcoholism

2. By studying neurologically impaired people alongside normal individuals, it can be said that memory is composed of what?
   several systems working together

3. What must you have in order to return to mind an image or thought?
   A mental representation, which is a psychological model or mental model of the stimulus.

4. Which is more emotionally charged: olfactory memory or visual memory?
   Olfactory memory

5. What is a sensory representation?
   The information that is stored in a sensory mode

6. What are verbal representations?
   Information stored in words

7. What did William James propose in 1890
   a distinction between primary and secondary memory

8. According to William James, what is primary memory?
   Primary memory is immediate memory for information momentarily held in consciousness.

9. William James argued that which memory is the vast store of information?
   Secondary memory

10. What are the three stores of memory according to the metaphor of the mind as a computer in the standard model of
    sensory register; short-term memory; long-term memory

11. How long does the visual sensory registers hold information after a stimulus disappears?
    a fraction of a second

12. What is iconic storage?
    The term that describes the visual sensory register

13. What is the term that describes the auditory sensory register?
    echoic storage
14. What is the normal range of information people can hold in short-term memory?
   five to nine items

15. What is Hermann Ebbinghaus known for?
   Being the first person to note the seven-item limit on STM

16. What are some facts about STM?
   It has a maximum duration of about 20-30 seconds; its capacity is limited to a maximum of about nine items; it is thought to be neurologically based since its limits are similar across cultures

17. What kind of rehearsal could help you while trying to remember the phone number 555-0369?
   Elaborative rehearsal, because the prefix code repeats itself and that there is a mathematical lawfulness to the last four numbers

18. What types of things are considered in long-term memory?
   Memory for facts, images, thoughts, feelings, skills, and experiences that may last as long as a lifetime

19. What are some truths about long-term memory?
   It is enduring; it is virtually limitless; it is more difficult to access than short term memory.

20. If I try to remember all the people in my past that I truly loved, what kind of task is this?
   free-recall task

21. What is the serial-position effect?
   Forgetting the things in the center of a list while remembering the items at the beginning and end of the list

22. What are some truths about the modern view of memory modules?
   The modules are interdependent; they operate simultaneously; they operate in parallel

23. To what does working memory refer?
   Temporary storage and processing of information that can be used to solve problems, respond to environmental demands, or achieve goals

24. Of what is working memory composed?
   A visual memory store, a verbal memory store, and a central executive

25. What can be said of visuospatial sketchpads?
   Hold information for only 20-30 seconds; they contain the location and nature of the objects that exist in the environment; they allow mental images to be rotated
26. Why is it easy to remember this list of words: pop, mop, top, cop, and hop?
   Because of their phonology

27. In terms of neuropsychology, which area of the brain “directs” working memory?
   The prefrontal cortex

28. How do we know working memory and long-term memory are intertwined?
   The memory of an item in working memory can be used to cue the memory of an item stored in LTM; words are more easily remembered than nonsense syllables after a brief delay; grouping information into larger units enhances memory.

29. What is chunking?
   The process of organizing information into small, meaningful bits to aid memory

30. How can you chunk this string of letters (CBSNBCFOXABC) so that it can easily be remembered?
   Into the four major television networks

31. What is declarative memory?
   Memory for facts and events

32. What is the name for ‘how-to’ knowledge?
   Procedural memory

33. What is the difference between semantic memory and episodic memory?
   Semantic memory refers to general world knowledge, while episodic memory is a person’s memories of events

34. Why does it seem to be true that once you learn to ride a bike you never forget?
   Because of procedural memory

35. Why are elephants renowned for their procedural memory?
   Because they are able to store memories of paths to food or water for years and years

36. On June 19, 1969, Joseph M. Parra was born in the town of Bellflower, California. This is an example of what type of memory?
   Episodic memory

37. If I try to remember the names of the students who are enrolled in my AP Psychology class, what type of memory am I making use of?
   Explicit memory

38. What is implicit memory?
   Memory that is expressed in behavior but does not require conscious recollection
39. Explicit memory involves what?
   the conscious retrieval of information

40. If you know how to do something but have difficulty explaining how to do it, what kind of learning is being exemplified?
   Implicit learning

41. What kind of memory does an older person use while driving a car or riding a bike?
   implicit memory

42. What type of memory is needed to complete the crossword puzzle in the TV guide?
   explicit memory

43. What is tip of the tongue phenomenon?
   An experience in which you are unable to recall information from memory although you know that you know the information

44. If I can’t remember something so I look at a list and remember it when I see it, what kind of task is this?
   a recognition task

45. What kind of memory do essay exams require?
   recall

46. If you can’t remember something until I give you the first letter of the answer, this would be an example of what?
   priming

47. What is priming?
   The phenomenon in which the processing of specific information is facilitated by prior exposure to the same or similar information

48. What kind of memory do multiple choice exams require?
   recognition

49. Destruction of what part of the brain has been found to affect explicit memory but not implicit memory?
   hippocampus

50. The amygdala plays a significant role in the recollection of what?
   emotionally charged events, such as the feeling that accompanies knowing that a sound is associated with a shock

51. What would happen if the frontal lobes are damaged?
   the individual will have difficulty remembering the order of events in their lives
52. In what ways are memory in the laboratory different from memory in daily life?
   the information in daily life is meaningful and emotional; in daily life, the context for retrieval is sometimes a future point in time; the information in the laboratory has little intrinsic meaning

53. Since memory has a purpose, it should be considered ____________?
   functional

54. What did the study that looked at memory for stereotypically male or female shopping lists find?
   Women were better at remembering the grocery list; men the hardware list

55. Which is the part of the brain that is activated by everyday memories such as knowledge of local streets?
   The hippocampus

56. Which memory am I using if I try to remember what I had for dinner last night, as well as what I did last night after dinner?
   retrospective memory

57. What are some things involved in prospective memory?
   remembering what to remember; remembering to remember; remembering when to remember

58. Memory for things past is called?
   Retrospective memory

59. If I am trying to remember what day next week I have an appointment with my dentist, what memory am I utilizing?
   prospective memory

60. Which is the deepest level of processing of memory?
   Semantic level

61. Information has to be __________ to be retrievable from memory.
   encoded

62. What are the levels of processing?
   Semantic; phonemic; structural

63. What was originally thought to be true about the level of processing?
   Deeper processing is always better.

64. The importance of context can be demonstrated how?
   You will not perform as well on a test if it is not given in the same classroom where the content was learned
65. What is the more scientific name for cramming?  
**massed rehearsal**

66. What principle does cramming for exams violate?  
**spacing effect**

67. Which course will benefit student learning the best: A course with just a mid-term and a final, or a course which has 5 tests equally spaced out over the semester?  
**Students who take the 5 tests will know more material after the course ends because of studying repeatedly over time**

68. In the Bahrick family study, what was the best way to learn the information?  
**13 training sessions at intervals of 56 days apart**

69. Why is the SQ3R method effective?  
**Because it promotes active rather than passive learning while reading**

70. Why are mnemonic devices effective?  
**Because they use vivid recall cues to connect new information with information already stored in long term memory**

71. If you imagine all of the items you have to get from the store spread out around various areas of the house, what are you utilizing?  
**the method of loci**

72. What is it called when one bit of information leads you to think of other related bits of information?  
**networks of association, which are clusters of interconnected information**

73. According to William James, what are clusters of interconnected information called?  
**networks of association**

74. What is a node?  
**a piece of information in a network of associations**

75. The relationship between nodes is like what?  
**like cities connected by roads**

76. If you think about your chemistry teacher, then chemicals, then drugs, then aspirin, and finally headaches, this is an example of what?  
**spreading activation theory**

77. Neural networks that are used repeatedly retain and strengthen their connections. What does this mean in terms of information?  
**Information that is seen often is easier to recall than information that is rarely used**
78. How is information in the brain filed?  
   hierarchically

79. Our memory for stories tends not to be literally exact but to be the ‘gist’ of the story; this supports what kind of theory of memory?  
   A schema theory of memory

80. Describe schemas.  
   schema theories argue that memory involves the reconstruction of the past; they influence the information people encode; they shape the way data are reconstructed

81. What is an example of how people use schemas when recalling memories?  
   College students placed in an office on campus “recalled seeing” things that were not actually there when asked to recall

82. What are some problems with schemas?  
   They sometimes misclassify information; they sometimes result in people believing they have seen things they have not; they sometimes result in people failing to notice things that might be important

83. What are the seven sins of memory?  
   Transience; absent-mindedness; misattribution

84. What is the “cardinal sin” of memory?  
   forgetting

85. What are some things Hermann Ebbinghaus is known for?  
   the empirical investigation of forgetting and discovering the forgetting curve

86. What does the forgetting curve reveals?  
   That a vast amount of information is lost in a short period of time

87. If your report card has A’s, B’s, C’s and D’s, which class are you least likely to remember details?  
   The classes with a D for a grade

88. Asking where you were and what you were doing when you heard the World Trade Towers in New York City would be asking for what type of memory?  
   Flashbulb memory

89. What things can affect long-term memory?  
   Emotional factors; reconstructions of the memory; frequency of activating the memory

90. After showing a picture, if I ask one group if they saw “the” orange, and another group is asked if they saw “an” orange (and there was no orange), what can I expect in terms of
answers?
the members of the first group will be more likely to say “Yes” while the members of the second group will be more likely to say “No”

91. Which drug did Cahill and colleagues find to be important in emotional memory? 
adrenalin

92. What does the decay theory argue? 
that forgetting is a result of a fading memory trace due to neurophysiological changes associated with disuse

93. In terms of memory, what is interference? 
The idea that forgetting occurs because of the intrusion of similar memories on each other

94. According to the textbook, what can cause forgetting? 
proactive interference; retroactive interference; decay

95. If you keep calling me the name of a teacher you had last year, that is an example of what type of interference? 
proactive interference

96. What is an example of retroactive interference? 
Learning the names of my new students making it very difficult for me to remember the names of my students from last year

97. What is an example of motivated forgetting? 
If I try not to remember the things I did and said with my old girlfriend because I knew I was being a jerk

98. In a study conducted with college students, one false memory was included with several real memories. What percentage of them thought the false memory to be true? 
15-25% of them

99. If someone tried to convince you that you had a tooth drilled by a dentist in your past (when you hadn’t), how likely are you to believe it? 
Not likely because of the emotional attachment involved

100. What are some truths associated with memories associated with sexual abuse? 
38% of the victims known to have been abused had no memory of the event; victims may have gaps of months or years in their memories; victims are more likely to interpret an ambiguous situation as one of abuse