

Psychology...Memory Book

Our memory and our brain are amazing! However, it does not record our lives like a book! You cannot go back to a previous chapter to retrieve memories accurately. Attention issues, prior knowledge, and memory decay all interfere with the actual memories that are stored. There are so many different parts to our memory that all work separately and together to help us experience and remember life.

Your task is to create a booklet highlighting KEY concepts for each aspect of memory: Encoding, Storage, & Retrieval. Your book should be like a “cliff notes” of memory and should walk me through these processes in an easy to understand manner. Have fun and be creative 📖 USE YOUR TIME WISELY!!!

Requirements:

- ✧ Include all the section listed below
- ✧ Color!!!
- ✧ Title Page & Table of Contents
- ✧ Pictures dispersed throughout the book
- ✧ Effort is evident
- ✧ Information is CONCISE and put into easy to understand words, examples, etc.
- ✧ Make it MEANINGFUL to you! Use personal examples for concepts if possible!

Three Main Chapters & Prologue (Introduction)

- ✓ Encoding
 - Automatic Vs. Effortful Processing
 - Include explicit and implicit memories
 - Effortful Processing Strategies
 - Spacing Effect
 - Shallow Vs. Deep Processing (Meaningful)
- ✓ Storage
 - Explicit Memory System
 - Frontal Lobes
 - Hippocampus
 - Implicit Memory System
 - Cerebellum
 - Basal Ganglia
 - The Amygdala and Memory
 - Synaptic Changes and Memory Processing
- ✓ Retrieval
 - How do we measure retention?
 - Recall, recognition, relearning
 - Retrieval Cues
 - Priming
 - Context Dependent Memory
 - State Dependent Memory
 - Serial Position Effect

	Excellent...2	Average...1	Unsatisfactory...0
● Automatic/Effortful			
● Explicit/Implicit			
● Processing Strategies			
● Spacing Effect			
● Shallow Vs Deep Processing			
● Explicit Memory Frontal Lobes			
● Explicit Memory Hippocampus			
● Implicit Memory Cerebellum			
● Implicit Memory Basal Ganglia			
● Amygdala and Memory			
● Synaptic Changes			
● Measuring Retention			
● Recall/Recog/Relearning			
● Retrieval Cues Priming			
● Context Dependent			
● State Dependent			
● Serial Position Effect			
● Effort/Appearance			
● Pictures			
● High Level of Thought			

Total _____/40

Comments:
