

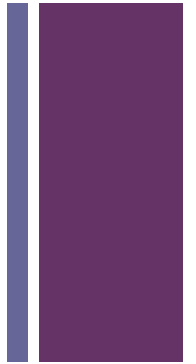


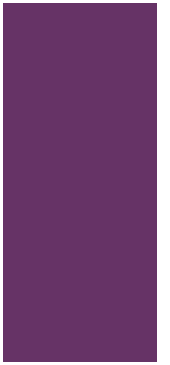
Memory: What Is It and How Do We Improve Retention?

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+ Learning Objectives

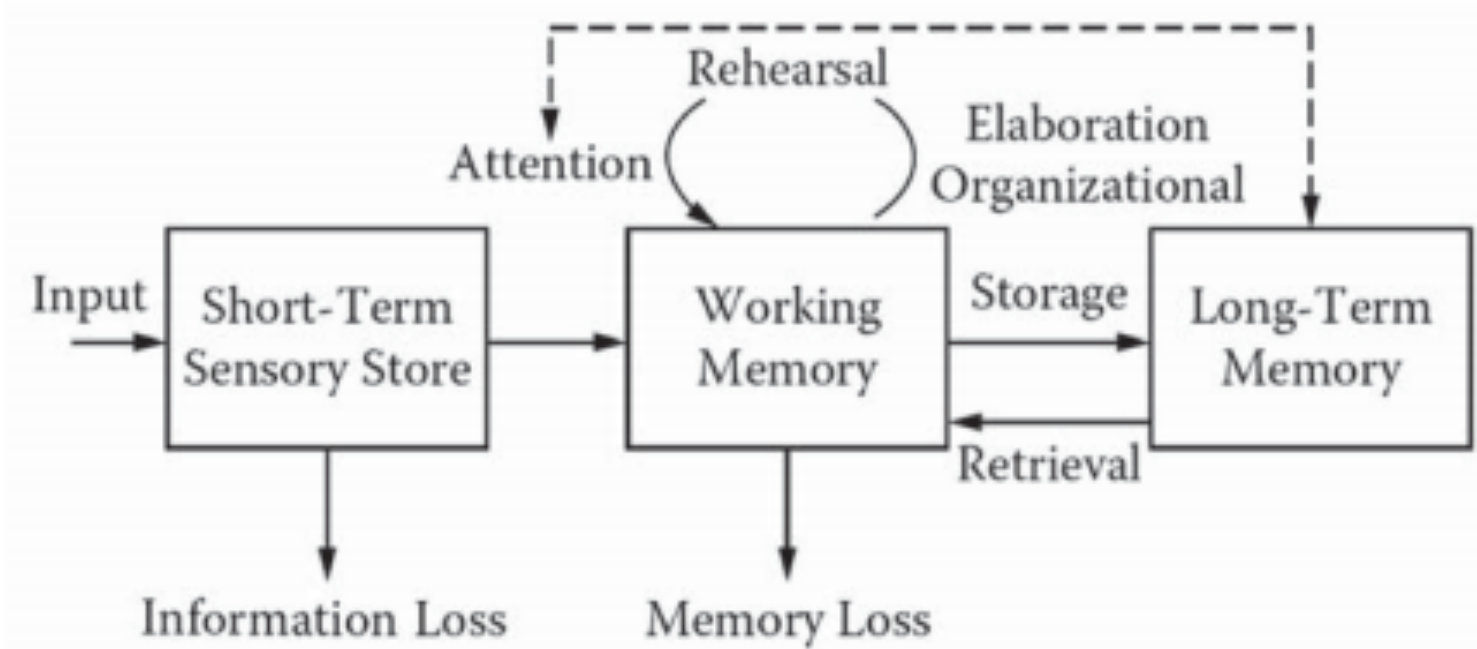
- Understand the parts of the information-processing system
- Identify strategies to improve information retention





What is Memory?

+ The Information-Processing System



(Seli & Dembo, 2020)

+ Parts of Long-Term Memory

- Explicit/Declarative Memory
 - Memory of facts and events that can be consciously recalled
 - Broken down into:
 - Episodic Memory
 - Experience and events in a serial form
 - Semantic Memory
 - Record of facts, meaning, concepts, and knowledge about the external world
- Implicit/Procedural Memory
 - Memory of how to perform actions
- Prospective Memory
 - Memory of contents to be remembered in the future

(Loprinzi et al., 2017)



Strategies to Promote Retention

+ Learning Strategies

- Rehearsal Strategies
 - Mixed problem sets
 - Spaced/Distributed Practice
- Elaboration Strategies
 - Mnemonics
 - Analogies
- Organizational strategies
 - Classifying information into groups
 - Representation maps



(Seli & Dembo, 2020)

+ Types of Mnemonics

- Pegword
- Key Words
- Method of Loci
- Letter Approach

+ Pegword

- *Utilizing rhyming phrases to symbolize numbers or order then creating a visual image to go with it*

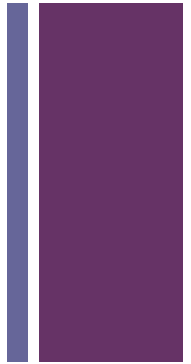


+ Key Words

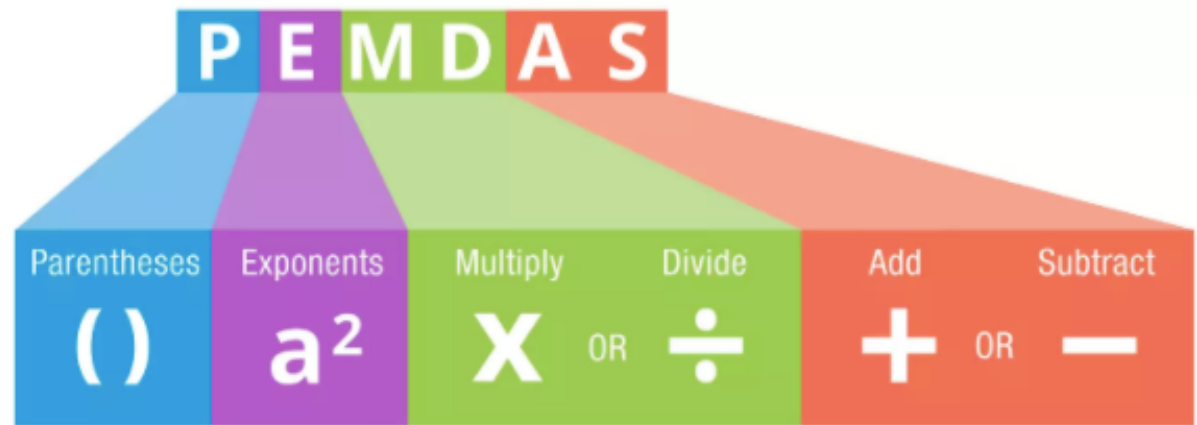
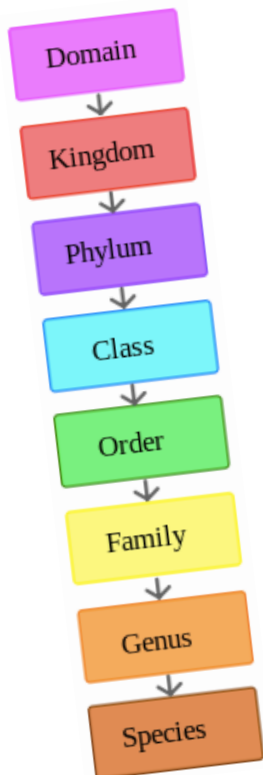
- *Linking new information to key phrases already encoded into memory*



+ Letter Approach



- *Acrostics: sentences or poem whose first letters represent information to be remembered*
- *Acronym: words whose individual letters represent information to be remembered*



(Brown, Roediger, & McDaniel, 2014), (Butler, 2018), (Dave & Awasthi 2019)

+ Other Strategies



- Sleep

- Exercise

- Self-Referencing

- Write it out

- Sing about it



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