

## Cognitive Psychology – Notes from 12/03/04

### **Episodic Memory**

Tulving argued for 2 types of LTM – episodic and semantic. Episodic memory is autobiographical which means that it is memory for events or episodes in your life.

### **Semantic Memory**

This contains memory for information about our knowledge of the world, e.g. rules of language, arithmetic and who starred in the blockbuster films etc.

Tulving (1989) tested this by injecting radioactive gold into the bloodstream and registering whereabouts the gold was in the brain. Tulving found support for his two types of LTM. Participants were asked to remember episodic or semantic memories. Blood flow during this experiment was measured and it was found episodic memory increased activity in the front of the frontal cortex whereas semantic memory was associated with the back of the frontal cortex.

This may not be clear cut because it is not certain what processes are involved in EM and SM. Both operate together, i.e. remembering what you ate last Sunday involves both.

**Declarative Knowledge** > Knowing THAT > Explicit memory  
**Procedural Knowledge** > Knowing HOW > Implicit memory

### **Evaluation of Varieties of LTM Systems**

Episodic, semantic, explicit, implicit, declarative and procedural knowledge all enable us to better understand some of the different kinds of memory performance, e.g. it may be that procedural memories are very long term but the same is not true of all explicit memories. Understanding the different kinds of memory enables us to appreciate the research findings better, especially because memory tests are most likely to test certain kinds of memory rather than others (e.g. declarative rather than procedural).