

## Cognitive Psychology – Notes from 23/02/04

### **Key Words Brought Up in the Lesson**

- Memory
- Life
- Remembering
- Brains
- Process of retaining info
- Mementos
- Special things
- Amnesia
- Neurotransmitter
- Muscle memory
- Kinaesthetic
- Procedural
- STM / LTM
- Princess Di's Death, Death of JFK etc. – "Where were you when..." – Flashbulb memory

**Input** > **Process** > **Output**  
Outside world                      Memory trace                      Recall

### **Memory Processes**

- Encoding
- Storage
- Retrieval

### **Structural Model of Memory**

- Sensory memory
- STM to LTM

### **Working Memory Model**

- Baddely & Hitch
- Central executive
- Articulatory loop
- Visio-spatial scratchpad
- Limitations

### **Organisation in LTM:**

- Craik & Lockhart (levels of processing)
- Episodic and semantic memory

### **Practical Aspects of Memory**

- Autobiographical
- Eyewitness testimony
- Loftus & Palmer
- Flashbulb memory

### **Theories on Forgetting**

- Decay and displacement
- Retroactive / proactive interference
- Amnesia / brain damage