

Memory

Memory: _____

Amnesia: _____

There are three basic processes involved in memory:

1. _____ – the process of readying information for storage
2. _____ – the saving of information for use in the future – memory
3. _____ – recalling information from storage – continuous process

Levels of Memory Diagram



Level of Memory	Description
Sensory Memory	<ul style="list-style-type: none"> - Receives information _____ through each of the senses: sight, hearing, smell, taste and touch. - Capacity is _____. - Records information from these senses for _____ (long enough to record what is necessary).
Short-Term Memory	<ul style="list-style-type: none"> - If information catches your attention and you think it is important, it may be transferred to short term memory. - It can store about _____ separate, unorganized items. - Holds information for _____ but if you continue to work with the information, it will stay longer. - Strategies for holding information in STM include: _____, _____, _____, and _____.
Long-Term Memory	<ul style="list-style-type: none"> - Short-term memories are stored in long-term memory through _____ and _____ - Long-term memories can be either _____ (facts and experiences) or _____ (based on skills or actions). - Capacity is _____ - Information can be stored _____ but we may not always be able to _____ information from LTM.

In Summary

List the capacity, duration, and an example for each stage of memory.

1) Sensory Memory

2) Short-Term Memory

3) Long-Term Memory

4 Types of Memory:

Type of Memory	Definition
1.	
2.	
3.	
4.	

Forgetting can occur at any stage of the memory process:

- **Encoding Failure** ex) _____
- **Storage Failure** ex) _____
- **Retrieval Failure** ex) _____

Strategies to Improve Memory (choose 5 that will work for you)

- 1.
- 2.
- 3.
- 4.
- 5.