1. Anterograde amnesia a. learn faster the 2nd time

2. Automatic encoding b. remember by processing deeper and giving meaning

3. Cerebellum c. unconsciously create memory

4. Chunking d. purposefully create memory

5. Constructed memory e. forget old information because new information gets in the way

6. context dependent memory f. brain structure responsible for creating new explicit memories

7. Decay g. place that stores procedural memories

8. Echoic memory h. forget new information because old information gets in the way

9. Eidetic Imagery i. vivid episodic memory where you remember event + context

10. Effortful encoding j. .retain better if learn over time

11. Elaborative rehearsal k. can’t remember information after brain trauma

12. Encoding l. can’t remember information from before brain trauma

13. Episodic memory m. task where have to bring back information on your own

14. Explicit memories n. task where have to identify the information already learned

15. Flashbulb memory o. order in which information is learned affects ability to recall it

16. Hippocampus p. tendency to remember 1st items on a list

17. Iconic memory q. tendency to remember last items on a list

18. Implicit memory r. event memory

19. Long Term Memory s. skill memory

20. Long Term Potentiation t. fact memory

21. Maintenance rehearsal u. visual sensory memory

22. Memory v. auditory sensory memory

23. Mnemonic device w. memory is created-we fill in gaps

24. Mood-congruent memory x. 1st process-put into memory

25. Primacy effect y. 2nd process-retain info

26. Proactive interference z. 3rd process recover info

27.Procedural memory aa. memories we think of as memories-semantic, episodic

28. Recall bb. memories we don’t really consider memories-procedural

29. Recency effect cc. 1st stage-all info in environment

30.Recognition dd. 2nd stage-working memory

31.relearning ee. 3rd stage-permanent memory

32. Repression ff. grouping items together to improve STM capacity

33. Retrieval gg. keeping info in STM by repeating it over and over

34. Retroactive interference hh. any indication that learning has persisted over time

35.Retrograde amnesia ii. unconscious forgetting of extremely traumatic events/thoughts

36. Semantic memory jj. emotions act as a retrieval cue for LTM

37. Sensory memory kk. place acts as a retrieval cue for LTM

38. Serial position effect ll. forgetting because of lack of use-memory fades away

39. Short term memory mm. tricks to help memory

40. Spacing effect nn. structural changes in communication of neurons when create memory

41. Storage oo. . photographic memory

1. Activation-synthesis theory a. made dissociation theory

2. Agonists b. hidden symbolic meaning of dreams

3. Alpha waves c.deep sleep waves

4. Antagonists d. idea carried out after hypnosis

5. Beta waves e. bursts of brain waves in stage 2

6. Circadian rhythms f. awake but relaxed waves

7. Conscious g. awake, focused waves

8. Delta waves h. dream theory that it’s just brain making up stories

9. Dissociation theory i. dream theory that it’s putting the day into memories

10. EEG j. rapid eye movement

11. Ernest Hilgard k. actual events of dream

12. Hypnosis l. our awareness, what we are thinking of now

13. .Hypothalamus m. Freud-area, no conscious access, repressed thoughts

14. information-processing theory n. theory hypnosis is playing a role

15. latent content o. theory hypnosis is divided consciousness

16. manifest content p. part of self-can’t access but exists because of behavior-split-brain

17. melatonin q. state of heightened suggestibility

18. Nonconscious r. part of self-controls biological processes

19. Posthypnotic suggestion s. sleep hormone

20. Preconscious t. used to measure brain waves and sleep stage

21. Priming u. drugs that block neurotransmitters from working

22. REM v. drugs that mimic neurotransmitters

23. REM rebound w. physiological cycles that last over a 24 hour period

24. Sleep spindles x. physical symptoms when stop using drug addicted to

25. Social influence theory y. part of self-not aware of now but can be

26. Subconscious z. need more REM when don’t get enough

27. Suprachiasmatic nucleus aa. Part of eye that helps regulate circadian rhythms

28. Tolerance bb. Tendency to answer correctly even when don’t remember learning

29. Unconscious cc. brain structure that regulates circadian rhythms

30. Withdrawal dd. Needing more of drug to get same effect.

List and give the capacity, duration for the 3 stages of the Multi-Store Model of Memory:

Tell what category of drug for each of the following: (Stimulants, Depressants, Narcotics, Hallucinogens)

Marijuana Cocaine

Increases body processes Slows down body processes

Alcohol Mimic endorphins

Create hallucinations kill pain

Caffeine benzodiazepines

Amphetamines alter reality

Morphine Nicotine

Flashbacks Are most addictive

Give an example of:

1. Hallucination

2. Delusion

Evaluate the effectiveness of hypnosis for:

a- Pain control b- Mind control

c- Stopping smoking d- Memory recovery

Tell which sleep disorder:

-involves stopping breathing -will you not remember tomorrow

-is when you can’t sleep -do you fall randomly into REM sleep

-do you use medicine to treat -do you use a machine to treat

-is the most common -is found most often in children

-can lead to death -is associated with being overweight

Tell which stage of sleep:

-delta waves -sleep spindles

-paradoxical -adults spend the most time

-mostly dream -deep sleep

-longer at the beginning of the nigh -doesn’t start until 90 minutes into sleep

-theta waves -no muscle tension

-K Complexes -sleep jerks

Identify:

Elizabeth Loftus: -Ernst Hilgard:

George Miller:

Tell the difference between:

1. Encoding failure and retrieval failure

2. Attention and rehearsal

3. Maintenance and elaborative rehearsal

4. Explicit and implicit memories

5. Episodic and flashbulb memory

6. Episodic, semantic and procedural memory

7. Recognition and recall

8. Proactive interference and retroactive interference

9. Anterograde and retrograde amnesia

10. Interference and amnesia