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Resources: Introduction to Long-Term Memory



Introduction

The reading in this module will introduce long-term memory concepts and help you differentiate between short-term and long-term memory.



Required Resources

Textbook: *Cognitive Psychology*

Click the Cengage MindTap link in this module to access your textbook.

Note that you are reading four sections from Chapter 6 and three sections from Chapter 7.

In what ways is long-term memory distinct from short-term memory? You will read about how your long-term memory might not be one unitary system. That is, long-term memory may constitute different types of memory systems that operate independently and in different parts of the brain.

These readings also explore the best ways to improve long-term memory given what we know from classic research in cognitive psychology.

Chapter 6

Read the following sections:

- Section 6-1
- Section 6-2
- Subsections a and b of section 6-4
- Section 6-5

As you read, consider the following:

- In what way is long-term memory different from short-term memory?

- What are some examples of different and independent long-term memory systems?
- In what ways have media, movies, and television inaccurately depicted short-term and long-term memory?

Chapter 7

Read the following sections:

- Section 7-1
- Section 7-2
- Section 7-3

As you read, consider the following:

- What matters most for ensuring successful memory? The way we encode information, retrieve it, or both?
- Describe some of the classic theories about memory, including levels of processing and encoding specificity.
- How can we use knowledge of these theories to improve memory and learning?



Additional Support (Optional)

Video: [How Reliable Is Your Memory?](https://www.youtube.com/watch?v=PB2Oegl6wvl&t=38s) (17:36)

Memory is reconstructive. This particular aspect of long-term memory has high-stakes consequences, particularly in the area of criminal justice.

As you watch, consider the following:

- How common is it for people to misidentify a criminal based on false memory?
- Do the level of confidence in a memory and the number of details recollected lend more credibility to a memory?
- Where do false memories come from?
- What are some ethical issues related to implanting false memory?



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