**MEMORY FLASH CARDS**

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| **Amygdala** | Techniques used to aid memory by improving encoding and retrieval by linking new information to information already held in long-term memory through elaborative rehearsal such as narrative chaining, acronyms and acrostics. |
| **Cerebral cortex** | A memory that requires conscious effort to recall that can either be episodic or sematic. Also known as explicit memory. |
| **Episodic memory** | A type of implicit memory that involves knowing how to do things (skills), for example, riding a bike. |
| **Explicit memory** | A structure of the brain located near the bottom of the inner frontal lobe that is responsible for producing acetylcholine, which is an important neurotransmitter for learning and memory. Damage to the basal forebrain such as an aneurysm can cause amnesia. |
| **Declarative memory** | The loss of memory that usually results from shock, psychological trauma, brain injury or illness. |
| **Fear conditioning** | The physiological or psychological condition an individual is in when memory is made that acts as a cue to retrieve that information from long-term memory. |
| **hippocampus** | A type of declarative/explicit memory that consists of fact or information, for example, a memory of the city in which the previous Olympic Games were held. |
| **cerebellum** | A memory disorder in which an individual is unable to form new declarative long-term memories following an accident. |
| **Procedural memory** | A neurodegenerative disease that results from a loss of neurons in the hippocampus and causes memory loss and personality change. |
| **implicit memory** | A disease that results in progressive loss of structure or function and/or death of neurons. Examples include Alzheimer’s disease and Parkinson’s disease. |
| **Semantic memory** | A bulge in the wall of a blood vessel, usually an artery, that can rupture causing damage to surrounding tissue and a decrease of blood flow to the area the vessel feeds if untreated. |
| **long term memory** | A strategy for encoding information into long-term memory in which meaning is added to the information or it is linked to other information already stored in long-term memory. |
| **Alzheimer’s** | A structure of the brain located in the medial temporal lobe that attaches emotional significance to memories at the time of encoding, retrieves emotionally driven explicit memories, and is the primary centre of the fight-flight response. |
| **Neurodegenerative disease** | Some form of injury to the brain; for example, occurring as a result of an accident, an illness or surgery. |
| **aneurysm** | A memory that is unconsciously (or passively) retrieved involuntarily, for example, procedural memories. |
| **Basal forebrain** | A phenomenon in which the likelihood of remembering items at the end of a list is higher than the likelihood of remembering items in the middle due to this information still existing in short-term memory. |
| **amnesia** | The final store of memory according to the Atkinson-Shriffin model in which an unlimited amount of information is stored for an unlimited amount of time. |
| **brain trauma** | An account of an event given by an individual who was present, based on their memory of the event. |
| **Anterograde amnesia** | A way to measure learning retention by measuring how quickly someone relearns material that has been previously forgotten. |
| **reconstruction** | A memory that requires conscious effort to recall that can be episodic or semantic. Also known as a declarative memory |
| **Presupposition in the reconstruction of memory** | A strategy for retaining information in short-term memory that involves simple rote repetition of the information. |
| **Context dependent cue** | A measure of retention in which the correct alternative is selected from a list of possible alternatives. |
| **State Dependent cue** | A subset of implicit memory – these are unconscious/passive fear responses that tend to occur due to the amygdala. |
| **Maintenance rehearsal** | A question that prompts an individual to answer in a particular way. |
| **Primacy effect** | The environment or setting in which a memory is encoded or stored, which acts as a cue for the retrieval of that information from long-term memory. |
| **Recency effect** | A part of the brain located at the top of the brain stem that encodes implicit memories for any motor learning requiring a level of accuracy and precision, such as tying shoelaces. |
| **Serial position effect** | The reproduction of information with a hint or cue. |
| **Mnemonic devices** | A measure of retention in which information is reproduced with few to no cues. |
| **Elaborative rehearsal** | The outer layer of the brain where many cognitive processes occur including processing short-term memories, and linking and storing memories. The cerebral cortex consists of four lobes: frontal, parietal, temporal and occipital lobes. |
| **recall** | The reproduction of information with no cues. |
| **Cued recall** | A phenomenon in which an individual is more likely to remember items at the start or end of a list of items than items in the middle of that list. |
| **Serial recall** | A measure of retention in which an individual rearranges the parts of an original task into sequence or order. |
| **Free recall** | Liability to be inaccurate or false. |
| **relearning** | An inner structure of the brain found in the medial temporal lobe that encodes explicit memories. |
| **recognition** | A phenomenon in which the likelihood of remembering items at the start of a list is higher than the likelihood of remembering items in the middle of that list. |
| **Eyewitness testimony** | A preconceived notion or idea that tends to be a feature of leading questions and may influence the thoughts of an individual. |
| **Leading question** | A type of declarative/explicit memory that involves personal events. |
| **fallibility** | The reproduction of information in an order or sequence. |
| **Misinformation effect** | A phenomenon in which the memory an individual has of an event can be changed through exposure to incorrect information after the event. |