



ACTIVITY 3E: TEACHER HANDOUT

SHORT-TERM MEMORY

- ▶ serves as a temporary notepad
- ▶ necessary to perform many tasks
- ▶ if not processed further memory decays
- ▶ deals with only six or seven items at once
- ▶ information is highly vulnerable to distraction or negative interference (*lose train of thought*)
- ▶ once placed in short-term storage, it can be transferred to long-term memory or forgotten

LONG-TERM MEMORY

- ▶ consists of many processes
- ▶ has unlimited capacity/lasts indefinitely
- ▶ Three Types:
 1. Procedural-how to do something (ride, bike, swim)
 2. Semantic-remembering factual information (multiplication tables, capitals of cities)
 3. Episodic-remembering personal events (first kiss, etc.)
- ▶ retrieval not easy or automatic
- ▶ information reaches long-term memory by going through short-term memory
- ▶ amount of information remembered depends on the ability of short-term memory to code information into long-term memory

