In class notes (Exam next class [Monday])

- Rote repetition is ineffective for remembering or memory.

- Levels of processing:
  
  • Shallow processing: minimal effort made to grasp new info (rereading text but being preoccupied by something else)
  
  • Deeper processing: effort is being made in order to obtain the information

- The more you think about what you are trying to learn in different ways, the likelier that you will be able to recall it

- Encoding specificity principle: using associations for more effective retrieval cues

- State dependent memory: when you remember something when you are in the same state as when the memory or information occurred

- Emotional events are most often remembered

- Mnemonics can you help you learn extended or large amounts of information

- Proactive interference: when older information is interfering with the retrieval of newer information.

- Retroactive interference: newer information interfering with older information

- Freudian repression: defense mechanism where we repress unacceptable memories

- Dissociation: stored memory that cannot be retrieved, mostly from early traumas