Ways to remember things in STM...so they go to LTM

Method of Loci – (from Ancient Greeks) Visualize objects on a familiar path to recall info on a list. *(We will try this out today.)*

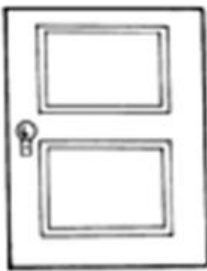- **Chunking –** Organizing items into familiar, manageable units.
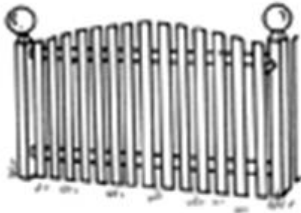
    1-4-9-2-1-7-7-6-1-8-1-2-1-9-4-1

- **Mnemonic devices –** memory trick/strategy to make things easier to remember. "Mary Very Easily Makes Jam Saturday Unless No Plums." – *When their were 9 planets.*

- **Rehearsal –** conscious repetition of information to maintain info in STM or encode into long-term memory.

    - *Maintenance rehearsal* – repetition that keeps info in STM for several seconds.

    - *Elaborative rehearsal* – repetition that creates associations between new memory and existing memories stored in LTM. (semantic)

Peg-word system

- recall a list by correlating each with a number-word pair.
- better memory strategy than either the link or loci method because it's not dependent on retrieving items in sequence.
- You can access any item on the list without having to work your way through the whole thing.
- There are several peg systems. The picture below represents the most popular – "rhyming pegs."

1 =	2 =	3 =	4 =	5 =
bun	shoe	tree	door	hive
6 =	7 =	8 =	9 =	10 =
sticks	heaven	gate	vine	hen

- STM is also called working memory because it is much more than just a passive, temporary holding area.
- 1 - form an image of the capital letter J.
- 2 - Then imagine capital D.
- 3 - Now rotate the D through 90 degrees to the left and place it on top of the J. What does it look like?

J D ☂ An umbrella

NOW WRITE DOWN THE WORDS THAT YOU SAW IN ORDER

- There are three parts of working memory:

- *visuospatial sketchpad*

   responsible for storing and processing information in visual or spatial form

- *Phonological loop*

   temporary store of verbal *and* auditory information

- *Central Executive*

   focuses and coordinates attention between the 2 systems; connects WM to LTM.

Visuospatial sketchpad
(visual and spatial material)

Central executive
(coordinates material)

Phonological loop
(speech, words, numbers)