

# Memory Cheat Sheet

by

Crowder

(1993)

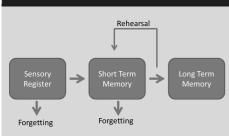
by

Sperling(

1960)

by sophie\_malby via cheatography.com/54176/cs/14543/

# Multi-Store Model



Developed by Atkinson & Shiffrin as a cognitive explanation of memory. The model explains memory through biological means; explaining how information flows through a series of storage systems with three permanent structures in memory. Each stage differs in terms of coding, capacity and duration.

## Sensory Register (SR)

The SR is not under cognitive control, but is an automatic response to the reception of sensory information by the sense organs and is the first storage system within the multi-store model. All information contained within LTM will have originally passed through the SR, though in an unprocessed form.

Echoic Store - Auditory Information Iconic Store - Visual Information Haptic Store -Tactile Information Gustatory Store - Taste Information Olfactory Store - Smell Information

# The Sensory Register

Coding Capacity Duration

# The Sensory Register (cont)

Informatio Capacity All sensory memory n is of each stores have limited store is duration, though the stored in a raw, very actual duration of unproces each store is not large. sed form, with the constant, with different informatio types of information within each store separate decaying at different sensory cotained rates. Different stores for beina in different sensory stores have different capacities sensorv unproces input. sed, and there is some highly evidence that duration detailed decreases with age. and ever changing format. Research Research Research by Treisman

(1964)

## The Sensory Register (cont)

Found SR Flashed a 3 x 4 Presented only grid of letters identical retains auditory onto a screen information for 1/20th of a messages to in the second, and both ears of iconic asked participants, store for a participants to with a slight recall one row. delay few millisecond He sounded between different sounds presentations. s, but for two to to indicate which **Participants** three row must be noticed the seconds recalled. Recall messages within the of letter in th were identical echoic indicated row if the delay store was high, which was 2 which suggests all the seconds or information was supports the idea of originally there, suggeting the sensory indicating large echoic store information capacity of the has a limited being SR. duration of 2 coded into seconds. different sensory

#### **Short Term Memory**

stores

STM temporarily stores information received from the SR. It is an active (changing) memory system, as it contains information currently being thought about. STM differs from LTM especially in terms of coding, capacity and duration and how information is forgotten.



By sophie\_malby cheatography.com/sophiemalby/

Published 30th January, 2018 Last updated 30th January, 2018. Page 1 of 3.

Sponsored by Readability-Score.com Measure your website readability! https://readability-score.com



# Memory Cheat Sheet

by sophie\_malby via cheatography.com/54176/cs/14543/

Coding	Capacity	Duration
Information arrives from the SR in its original raw form, such as in sound or vision, and it is then encoded in a form the STM can more easily deal with. For example one word can be coded in three ways: Semantically (by meaning),	STM has limited capacity, as only a small amount of information is held in the store. Research indicates an average of 7 +/-2, though it can be increased by chunking - where the size of the units of information in storage is increased by giving them a collective meaning i.e BBC/SOS/ABC/F BI into 4 chunks will increase	The amount of time information remains within the STM without being lost is limited to a maximum of about 30 seconds. This can be extended by rehearsal of the information, which if done for long enough with result in the information being
Visually and Acoustically	capacity	transferred to the LTM.
Research by Baddeley (1966)	Research by Jacobs (1887)	Research by Peterson & Peterson

Short Term Memory (cont)				
Participants	Participants	Read		
were presented	were	nonsense		
with 1 of 4 lists	presented	triagrams		
repeated 4	with	to		
times. The lists	increasingly	participant		
were either	long lists of	s, then got		
acoustically	numbers or	them to		
similar words,	letter followed	count		
acoustically	by recall.	backwards		
dissimilar words,	When	in 3's for		
semantically	participants	varying		
similar or	fail on 50% of	periods of		
semantically	the tasks,	time to		
dissimilar. They	they were	prevent		
were the asked	judged to	rehearsal.		
to arrange the	have reached	They		
words in the	capacity.	found 90%		
correct order.	Jacobs found	correct		
Acoustically	capacity for	recall after		
similar words	numbers was	3 seconds,		
were recalled the	9 items and	but only		
worst at 10%.	letters was 7.	5% after		
Recall of other	This shows	18		
lists was	that capacity	seconds		
between 60 to	is limited, and	which		
80%. This	that numbers	suggests		
suggests there	are easier to	STM		
can be acoustic	recall	duration is		
confusion which	perhaps	around 20		
suggests STM is	because	to 30		
coded on an	there are only	seconds.		
acoustic basis.	9.			

## **Long Term Memory**

LTM involves storing information over lengthy periods of time, indeed for a whole lifetime, with information to be stored for longer than 30 seconds counting as LTM. All information in the LTM will have originally passed through the SR and STM, though may have undergone different forms of processing during the process. Research indicates that there are several different types of LTM, and the LTMs are not of equal strength. Strong LTMs can be retrieved easily, but weaker LTMs may require more prompting. LTMs are not passive (unchanging) - over time they may change or merge with other LTMs. This is why memories aren't necessarily constant or accurate. There are several explanations for forgetting from the LTM. The process of shaping and storing LTMs is spread through multiple brain areas..

Long Term Memory			
Coding	Capacity	Duration	



By sophie\_malby cheatography.com/sophiemalby/ Published 30th January, 2018. Last updated 30th January, 2018. Page 2 of 3. Sponsored by **Readability-Score.com**Measure your website readability!
https://readability-score.com



# **Memory Cheat Sheet**

by sophie\_malby via cheatography.com/54176/cs/14543/

## Long Term Memory (cont)

Depends on an Coding of The individuals information will Potential be stronger Capacity lifespan, as (and thus the of the memories can memory more last for a lifetime. LTM is retrievable) the unlimited. Items in LTM deeper the Informatio have a longer level of duration if n may be processing of lost due originally well a stimulus that to decay coded and occurs while it and certain LTMs is being interferen have a longer duration, like experienced. ce, but With Verbal such those based on skills rather than Material, losses coding in LTM don't facts. Materials in STM that isn't is mainly occur semantic rehearsed is though coding limitation quickly forgotten, occurs in other but information in forms too the LTM does capacity. including visual not have to be and acoustic continually rehearsed to be retained. Research by Research by Research Frost (1972) Bahrick et al by Anokhin (1975)(1973)

# Long Term Memory (cont)

Gave	Estimated	Showed 400
participants	the	participants aged
16	number of	between 17 and 74
drawings	possible	a set of photos and
in 4	neuronal	a list of names,
categories,i	connection	some of which
.e.	s in the	were ex-school
animals,	human	friends and asked
differing in	brain is 1	them to identify
visual	followed	which ones were
orientation,	by 10.5	ex-school friends.
like angle	million	Those who'd left
of viewing	kilometres	high school in the
perspective	of zeros.	last 15 years
. The order	He	identified 90% of
of recall	concluded	the faces and
suggested	'no human	names, while those
participants	yet exists	who'd left 48 years
used	who can	previously identified
visual and	use all the	80% of names and
semantic	potential of	70% of pictures,
coding,	their	suggesting memory
giving	brain',	for faces is long
supporting	suggesting	lasting
evidence	the	
for both	capacity of	
forms of	LTM is	
coding.	limitless	



By **sophie\_malby** cheatography.com/sophie-malby/

Published 30th January, 2018. Last updated 30th January, 2018. Page 3 of 3. Sponsored by **Readability-Score.com**Measure your website readability!
https://readability-score.com