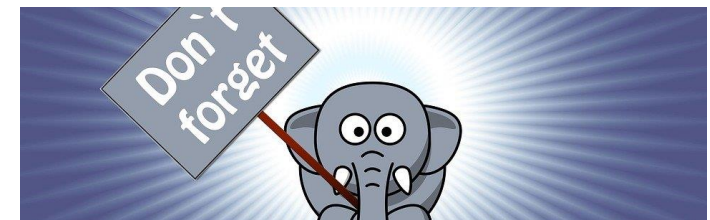
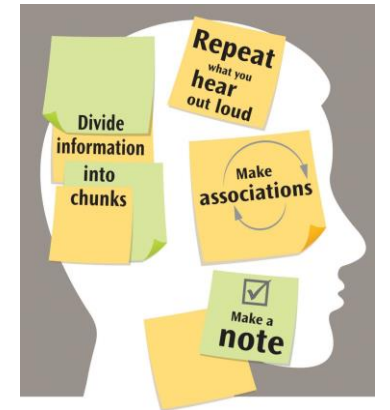


# What you need to do!

- As you are not in an actual classroom you need to engage with the content of this PowerPoint. There are some tasks to do.
- I suggest that you get some paper and a pen, and there is an expectation that you do the tasks and bring them to your first lesson in September if you decide to study psychology.

# Memory

- We teach memory as the first unit in psychology.
- What we do here will be repeated in the new term to reinforce some of the concepts.
- **Task:** jot down a few thoughts on what you already know about memory.
  - Is your memory a sponge to soaks up information, is it a leaky bucket?
  - Does it last forever or is it only temporary?
  - How are memories processed?



# Memory test!

- This is nothing to worry about! It will help us to see how memory works.
- I would normally read out a list of words and get you to recall them.
- This time the words will go on a slide for you to read for 1 minute, then cover up.
- You then write down the words you remember in any order you like. Give yourself about 40 seconds to do this.

Worm  
Book  
Work  
Good  
Card  
Start  
Late  
Turkey  
Tale  
White  
Paper  
Light  
Skill  
Own  
Justice  
Stair  
Note  
Ride  
Free  
Clip  
Time  
Now  
Home  
Coffee  
Maths

# Check how many words you remembered!

- Go back to the previous slide and check off which words you remembered.
- How did you do?
- **Task:** make a note of your observations from this exercise?



If we were in the classroom I would have asked for informed consent as I would be carrying out an experiment. It would look like this.

### **Informed consent**

- We are conducting an investigation into how memory works.
- Thank you for agreeing to participate in our study. You have the right to withdraw at any time. Your results will be kept anonymous, but we will use your overall score for the data in our study.

### **Instructions:**

- You will need a pen and paper
- I will read out a list of 25 words. You just need to listen to the words and to try and remember them. When I say 'start' you need to write down as many words as you can in any order.
- You will have 60 seconds to do this.
- Any questions?

**Task:** Why would I need to do this?  
Make a note of your thoughts

# Typical observations of this exercise

- Remembered the first few and the last few
- Word association
- Managed to recall about 5 or 6 words and then forgot
- Used visualisation
- There are more....

# Adding theory to the observations of this exercise

- Remembered the first few and the last few – ***the primacy and recency effect***
- Word association
- Managed to recall about 5 or 6 words and then forgot – ***capacity of Short Term Memory is about 5-9 items***
- Used visualisation – ***dual processing***
  
- **We will study these in more detail in the course.**

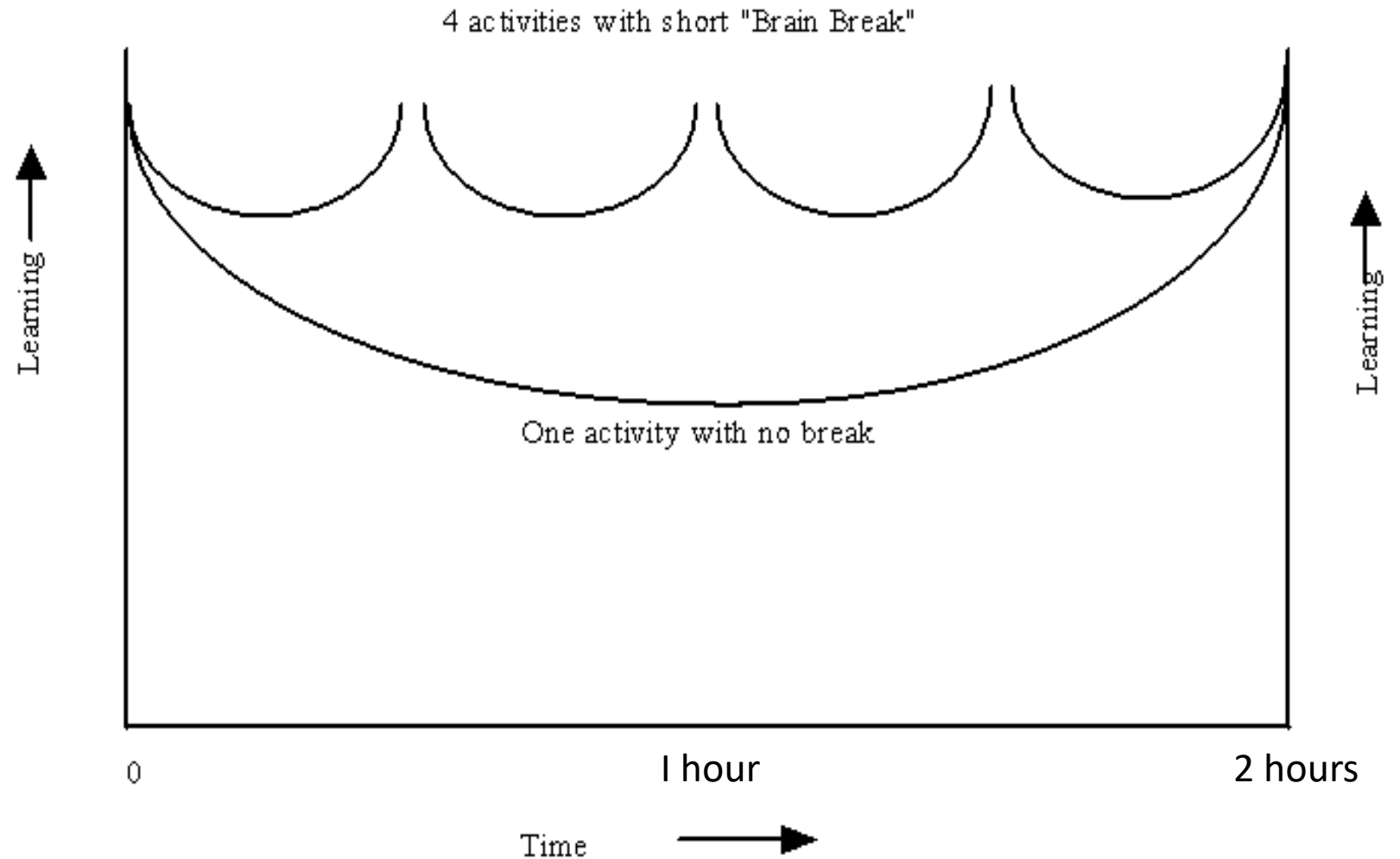


# Relating psychological theory to your studies

In the memory test you probably remembered the first few words and the last few.

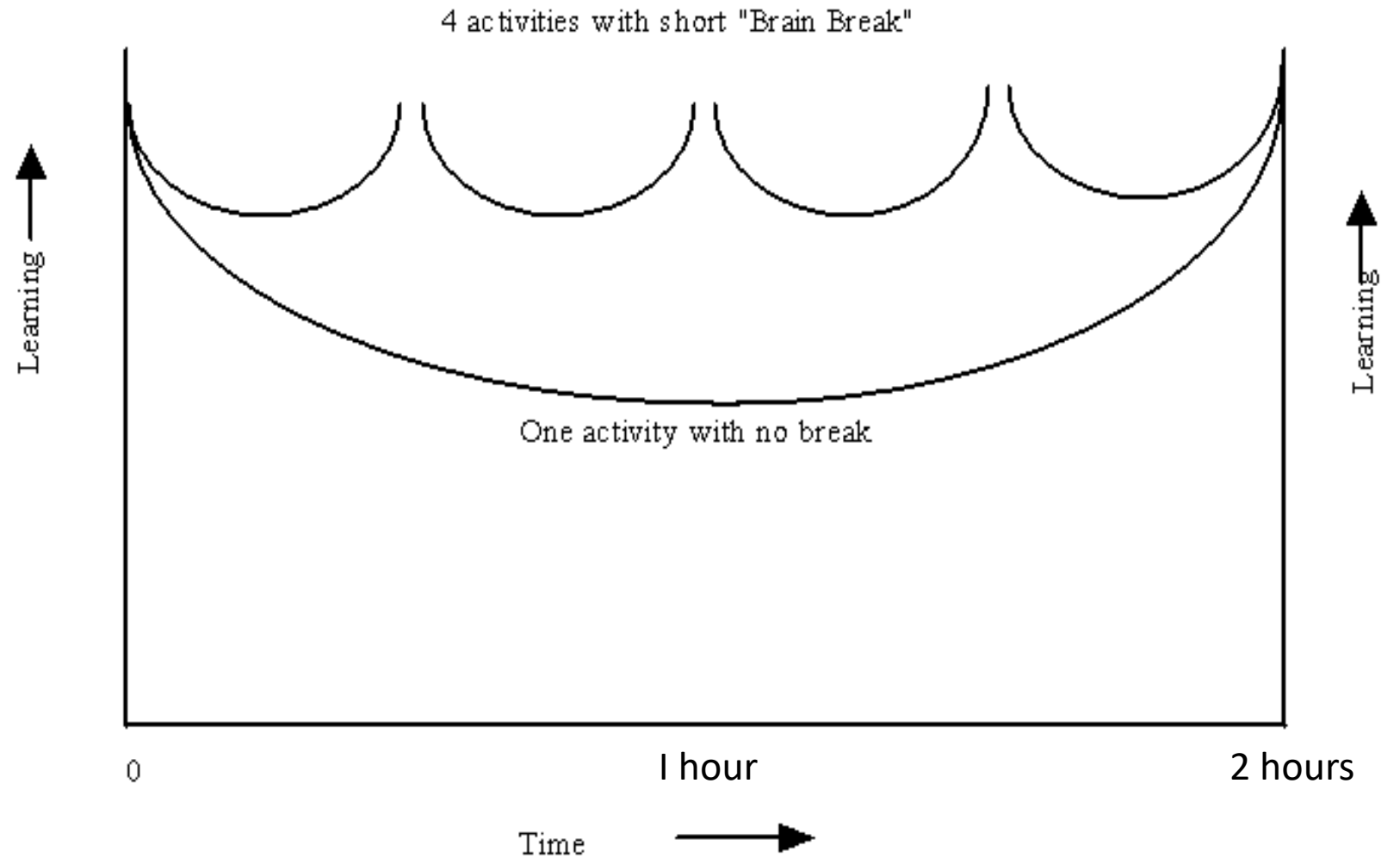
The same happens when you are studying for any length of time.

To use your memory most effectively it is a good idea to take regular breaks.



# Combine breaks with a SMART goal

1. SMART goal
2. Breaks
3. Reward



# Consider the following:

- Why did I give instructions and read them out twice?
- If we were in the classroom this would be considered to be a laboratory experiment – what does that mean; what are the features of a lab experiment that you observed here?
- The lab experiment is a research method used in psychology – there are loads more you need to learn about...
- **Task:** Complete this table about the memory test

What went well?	What did not go so well?	How could the experiment be improved?