

## Cyber Psych Links for

### GENERAL PSYCHOLOGY: WITH SPOTLIGHTS ON DIVERSITY

#### Chapter 6

#### **SENSORY MEMORY (pp. 199-200); SHORT-TERM MEMORY (pp. 200-203); and LONG-TERM MEMORY (pp. 203-206)**

Few of the websites devoted to human memory focus on the nature of memory or memory systems. Most websites focus on ways and means of improving memory. This is not a bad thing. After all, forgetting less and remembering more is a goal we all share. When I began searching sites for this chapter, I was not prepared to find that nearly one-third of all the sites dealing with “memory” address computer memory: RAM and ROM and other technological uses of the term.

<http://chiron.valdosta.edu/whuitt/col/cogsys/infoproc.html>

An excellent interactive essay on the information-processing approach to memory.

<http://faculty.washington.edu/chudler/chmemory.html>

“Neuroscience for Kids” devoted to memory. You will find articles, games, and experiments.

<http://www.bbsonline.org/documents/a/00/00/04/46/bbs00000446-00/bbs.cowan.html>

An extraordinary article on the capacity of short-term memory.

<http://psychclassics.yorku.ca/Miller>

The short, original paper by George Miller, “The Magical Number Seven, Plus or Minus Two.”

## **ON THE ACCURACY OF LONG-TERM MEMORIES (pp. 206-210)**

Perhaps the most important insight about memory that has emerged over the past decade is that memories are fluid, changing, and uncertain. Even those memories of events that we each believe are so clear, so accurate, so vivid, may be wrong; they may represent events that never happened. Memory is plastic and malleable.

<http://plato.stanford.edu/entries/memory>

An excellent summary on memory in general, but click on “3.1 Constructive Remembering,” if nothing else.

<http://www.fmsfonline.org>

The website the “False Memory Syndrome Foundation,” and the folks supporting this website have an agenda. Please begin by reading the link “About the FMS Foundation.” It is devoted to debunking the notion of “repressed memories.” Point-of-view notwithstanding, it is a rich site, and there is a good section called “Focus on Science” (which also has to be considered in the context in which it appears).

<http://www.jimhopper.com/memory>

If the previous website carries the view “there is no such thing as repressed memories,” here is the opposite point of view. A skeptical mind is a good thing in science, and I would caution you not to take either site seriously without considering the other. If nothing else, this is a site with many links.

<http://faculty.washington.edu/eloftus>

If you get into the issue of repressed/false memories, you need to stop by here. There are direct links to several of her papers.

<http://eyewitnessconsortium.utep.edu>

In 1998, then U.S. Attorney General, Janet Reno, convened a panel of experts “to improve the accuracy of eyewitness testimony.” This website carries on the task. The validity (and reliability) of eyewitness testimony is directly linked to issues of memory. There are many very good links at this site to explore.

## **WHERE AND HOW ARE MEMORIES FORMED IN THE BRAIN? (pp. 211-212)**

Neuroscientists seem to be getting closer every day to an understanding of how the brain encodes, stores, and retrieves memories. The relatively recent insight that memories are often reconstructions, based on several factors, both past and present, has made it even more difficult to account for the physiological underpinnings of the human memory system. Mindful of the fact that we are here dealing with a beginning psychology class—and not a graduate-level neuroscience class—we offer the following.

<http://www.hhmi.org/research/investigators/kandel.html>

A short, simple piece on “Cell and Molecular Studies of Memory.”

<http://faculty.washington.edu/chudler/bvc.html>

A clever site on the brain vs. the computer.

<http://faculty.washington.edu/chudler/plast.html>

A most excellent piece on brain plasticity, learning, and memory.

<http://skepdic.com/memory.html>

A lot of information on memory, a good bit of it with a neuroscience base.

<http://science.howstuffworks.com/question672.htm>

A good summary on amnesia.

## FACTORS THAT AFFECT FORGETTING (pp. 213-226)

One of the joys of the science of psychology is that so much of it is relevant to our everyday lives. I see nothing at all wrong with the notion that science can have application to problems in our experience. We have seen that remembering is a dynamic, constructive process. Forgetting is essentially what happens when remembering fails. It, too, is a dynamic process, and it is better understood than ever before. And the upshot is that there is some truly practical advice that psychologists can offer to help improve memory or reduce forgetfulness. **Although the second half of Chapter Six is nicely organized into four major sections on measuring retrieval, encoding information, scheduling practice, and avoiding interference, the Internet is not so well organized.** The bottom line, in any case, is the same: What can be done to improve one's ability to retrieve information stored in memory? On this question, there are many websites:

<http://www.mindtools.com/memory.html>

A “semi-commercial” website with lots of ads for all sorts of things—some related to memory, some not. But the basic focus of the homepage is “Tools for Improving Your Memory,” a rather long piece, available in pdf format for easy downloading and printing.

<http://cognews.com/1062222157/index.html>

A good summary article (with links) that rather debunks some of the wonders of flashbulb memories.

<http://eudesign.com/mnems>

There may be a single website in cyberspace which lists more mnemonic techniques, but somehow I doubt it.

<http://www.memoryelixir.com/mnemonics.html>

A truly “fun” website on mnemonics and memory improvement. Be sure to explore the link named simply “PI.”

<http://www.thememorypage.net>

It is, after all, called “The Memory Page.”

<http://www.mindtools.com/memory.html>

There are lots of things here, but the memory/mnemonics section is particularly good.