PSYC 110
Project 1

Upload your completed assignment to Classes under Assignments as a Word document or PDF file (PDF preferred). None of your answers to the individual questions should exceed a paragraph.

**Memory Strategies**

In this research lab, as a group you will compare a variety of learning and memory strategies.

Complete the following experiments. To turn in (in this order):

1. Your responses to the questions [20 pts total]
2. One bar graph of the number of remembered words for the immediate testing experiment. Put the strategy on the x-axis and the number of remembered words on the y-axis [2pts]
3. One bar graph of the number of remembered words for the delayed testing experiment. Put the strategy on the x-axis and the number of remembered words on the y-axis [2pts]

Be sure to label your plots (title, axes, and lines)

**Experiment Preparation**

Your group will need to generate a list of words in order to test your learning and memory. Each group member should contribute 3 words, resulting in a full list of 18 words. There will be a 7-minute learning period followed by two testing periods.

Amongst your group, decide which strategy each group member will adopt. One person should represent each of the following strategies.

1. **Control**: Read through the list of words during the first minute of the learning period, just to familiarize yourself with the list. Do something else during the next 6 minutes (read an article, watch a video—anything that will distract you from the list)
2. **Rehearsal**: Read through the list of words over and over during the 7 minutes.
3. **Testing Self**: Read through the list of words twice, hide the list, and write out as many of the words as you can remember. Compare your remembered list with the actual list and note which words you remembered and which you did not. Repeat this process until 7 minutes have passed.
4. **Narrative/Visual Imagery**: Use the 7 minutes to create a mental picture about the words. This may mean imagining what the items on the list look like or creating a story that includes the items on the list. Use your imagination!
5. **Encoding Specificity**: Take a look around the space you are in. Choose a physical item around you to represent each of the words on your list (e.g. your phone
represents word #1, a lamp represents word #2, etc.) Use the 7 minutes to build up the associations between the items on the list and the physical location you chose to represent each.

6. **Cramming:** Do something else during the first 6 minutes (read an article, watch a video—anything that will distract you from the list). Read through the list of words during the last minute of the learning period.

**Experiment 1: Immediate Testing**

Generate the list of words with your group. Spend the next 7-minutes implementing the learning strategy you chose. After 7 minutes have passed, hide the list. Take the next 3 minutes to write out as many of the words as you can remember. After 3 minutes have passed, compare the list you generated to the original list. Award yourself 1 point for every word you correctly remembered. Subtract 1 point for any words you included that were not actually on the list.

**Experiment 2: Delayed Testing**

Now, spend the next 15 minutes doing something else (read an article, watch a video, have a conversation with your group members—anything that will distract you from the list). After 15 minutes have passed, take the next 3 minutes to write out as many of the words as you can remember. Use the same point tallying criteria as in Experiment 1.

**Question 1:** Which strategy did you use? What was your thought process during the 7-minute learning phase? [2 pts]

**Question 2:** How many words did you remember during the immediate testing experiment? How did this compare to the other members in your group? [1 pt]

**Question 3:** How did the number of words you remembered during the delayed testing compare to the immediate testing? How did your delayed testing score compare to the other members in your group? [1 pt]

**Question 4:** Would you consider the strategy you used to be effective? Why or why not? [2 pts]

**Question 5:** How did you decide which 3 words to contribute to the list? Did you find it easier to remember these words compared to the other words on the list? Why or why not? [2 pts]

**Question 6:** What did you do during the 15-minute distraction phase? Did you find it difficult to not think about the list of words? [1 pt]
Question 7: The control strategy was essentially using no learning strategy. Why do you think this was included? (Hint: think about how the control group can help you make a statement about which strategies were good and which were bad) [3 pts]

Question 8: Talk with the other members of the group about their experience during the 7-minute learning phase, particularly how effortful they found their strategy, and look at how well each tested at both times. Which do you think is the best learning strategy? Which do you think is the worst? Why? [4 pts]

Question 9: In this set of experiments, you were trying to recall a list of words. Would you choose the same strategies as best and worst (question 8) if you were trying to memorize the locations of the parts of the brain? Explain your response. [4 pts]