

Figure 6.1 The Classic Forgetting Function

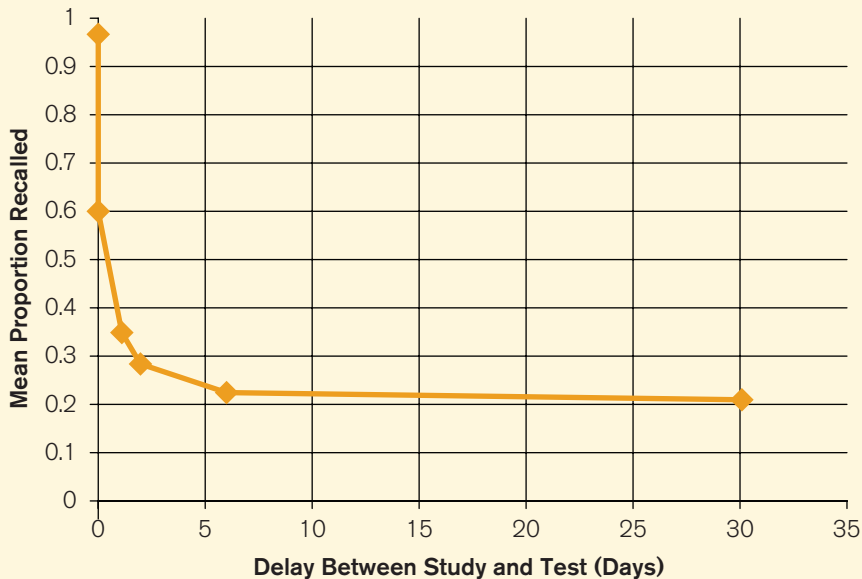


Figure 6.2 Results From Jenkins and Dallenbach's (1924) Study

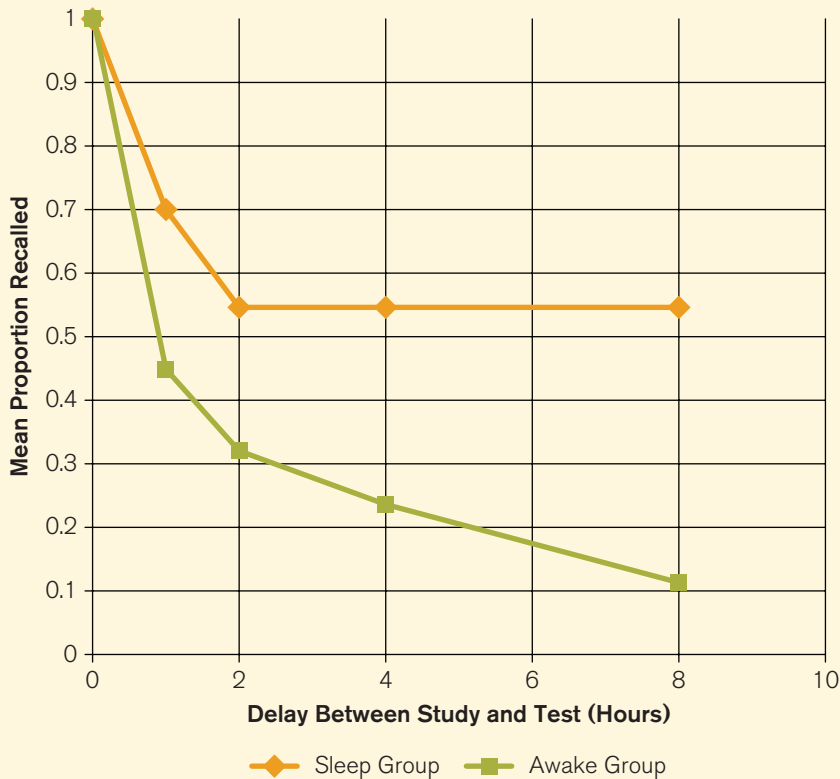


Figure 6.3 Results From Craik and Tulving's (1975) Experiment 1

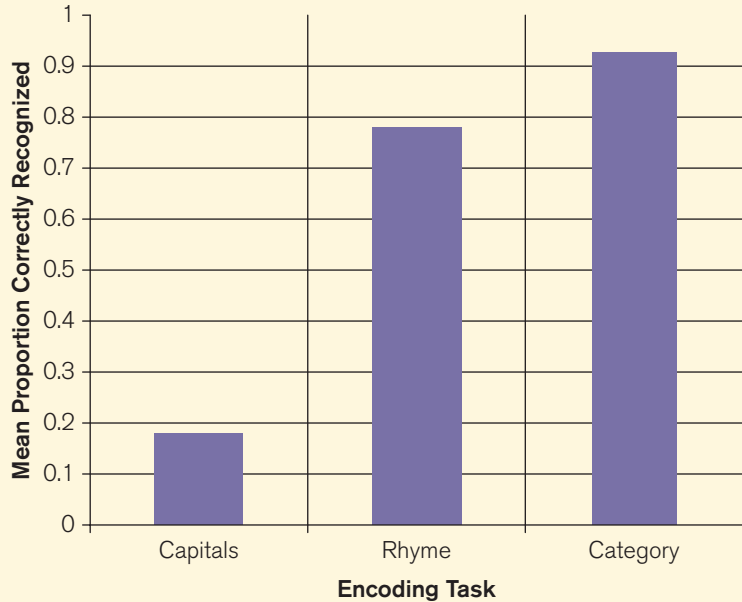
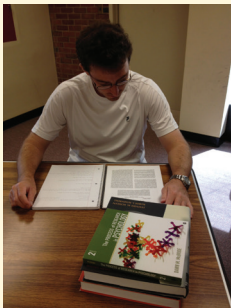


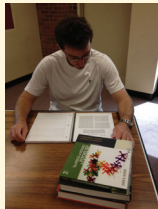
Figure 6.4 Massed Versus Spaced Repetitions

Massed Repetition



Study for 7 hours the day before the exam

Spaced Repetition



Day 1



Day 2



Day 3



Day 4



Day 5



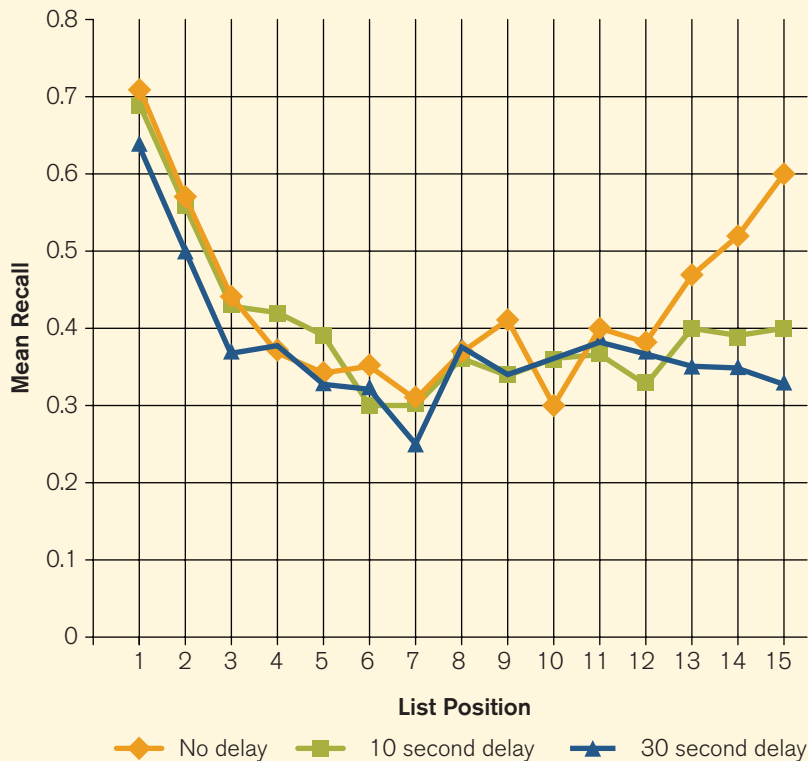
Day 6



Day 7

Study for 1 hour each day for 7 days before the exam

Figure 6.5 Results From Experiment 2 of Glanzer and Cunitz's (1966) Study Showing the Serial Position Curves



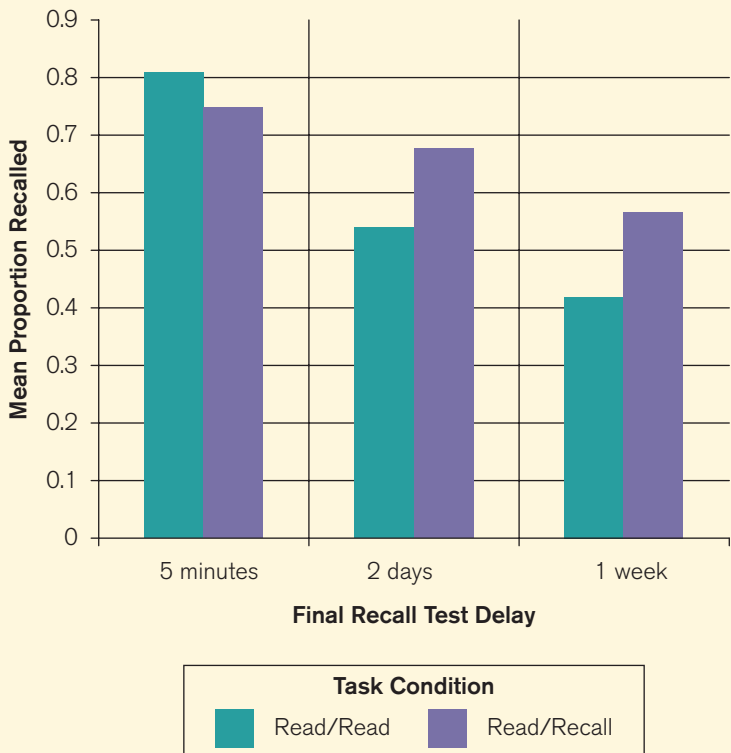
Figure**6.6****Results From Experiment 1 of Roediger and Karpicke's (2006a) Study**

Figure 6.7 Divers Participated in Godden and Baddeley's (1975) Study With Study and Test Taking Place Above Water or Underwater



Study condition:

Study underwater

Study above water

Test condition:

Recall above water

Recall underwater

Recall above water

Recall underwater

Environment Mismatch

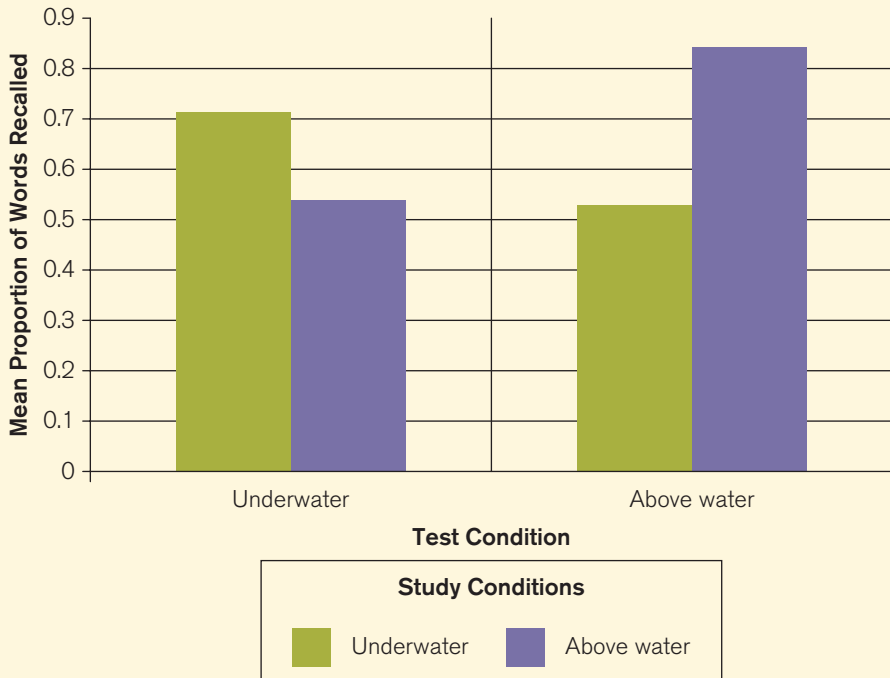
Environment Match

Environment Match

Environment Mismatch

Memory is better when the environment matches from study to test than when environment mismatches

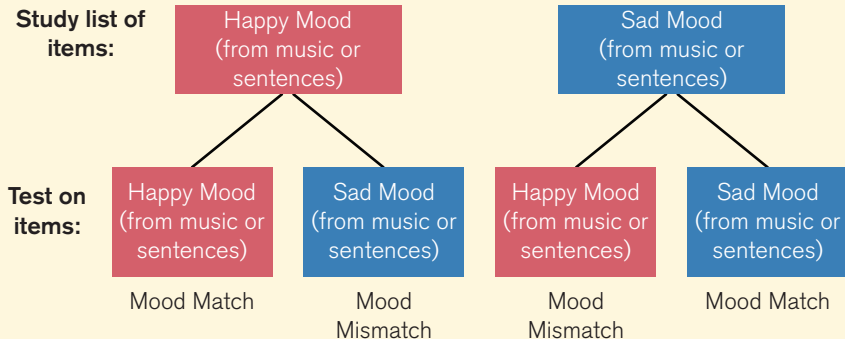
Figure 6.8 Results From Experiment 1 of Godden and Baddeley's (1975) Study



Figure

6.9

Research Procedure for Testing Mood-Dependent Memory Effects



Memory is better when the mood matches from study to test than when mood mismatches

Figure 6.10 Results From Morris et al's (1977) Experiment 1

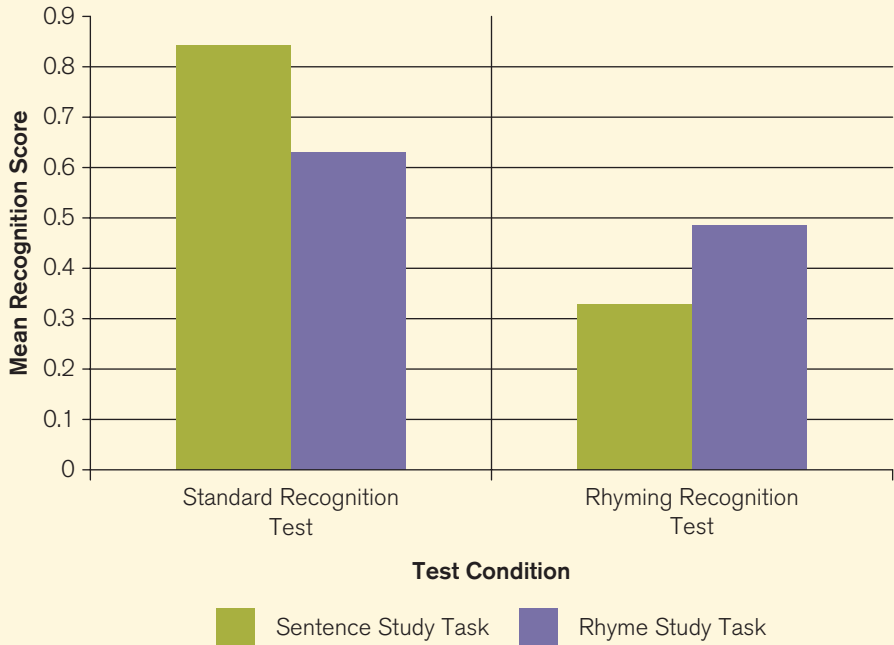


Figure 6.11 Results From Meier and Graf's (2000) Study Showed Transfer-Appropriate Processing Effects in Prospective Memory

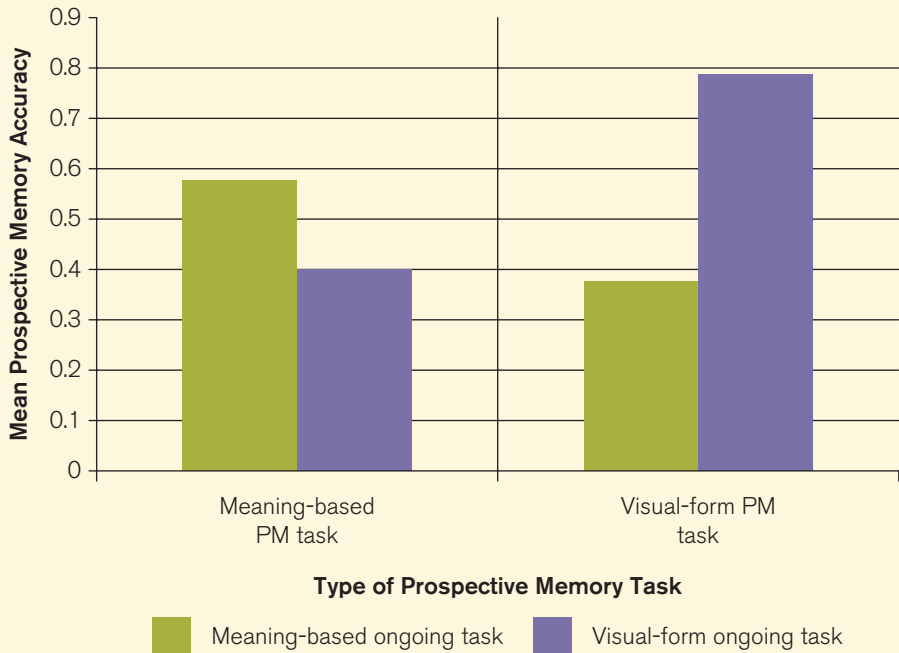
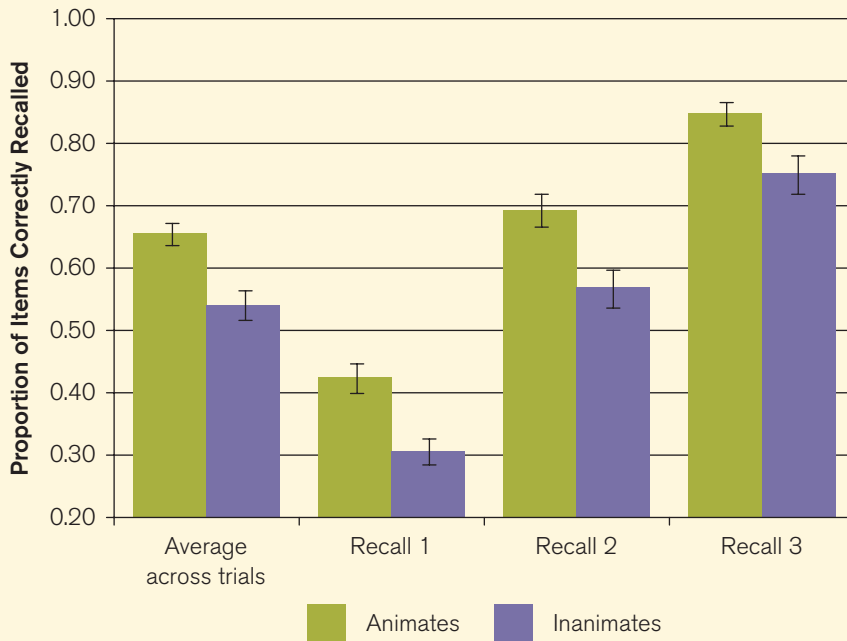


Figure 6.12 Mean Recall Results From Nairne et al.'s (2013) Study 2



SOURCE: Figure 2, Nairne, J. S., Van Arsdall, J. E., Pandeirada, J. N. S., Cogdill, M., & LeBreton, J. M. (2013). Adaptive memory: The mnemonic value of animacy. *Psychological Science*, 24, 2099–2105.

Table 6.1 Summary of Techniques for Improving Retrieval From Long-Term Memory

- Sleeping between the study and test of information you want to remember will help you retrieve that information from long-term memory.
- Encoding information according to its meaning aids long-term memory.
- Spaced repetitions result in better memory than massed repetitions.
- The first information encoded will show the best memory. The last information encoded will show a memory advantage primarily if the delay between encoding and retrieval is very short.
- Reviewing information by means of an intervening test aids later retrieval.
- Matching the circumstances (e.g., environment, mood, processing) of encoding and retrieval aids memory.