**Questions to Consider**

Chapter 6: Long-Term Memory: Influences on Retrieval

* **Why does forgetting occur and what can you do to prevent it?**

Forgetting likely occurs due to interference from other information during retrieval and lack of con­solidation of memories as they are stored.

* **Which methods of encoding information are effective in increasing retrieval from long-term memory?**

Encoding information deeply (based on meaning), spaced over time, and with important information first will aid retrieval from long-term memory.

* **Which methods of retrieving information are effec­tive in increasing memory performance?**

Retrieval practice (i.e., practicing retrieval of infor­mation you wish to remember over the long term) will aid later retrieval from long-term memory.

* **In what ways do encoding and retrieval interact to affect long-term memory?**

A match in circumstances (e.g., mood, environment, physiology, processing) between study and test will result in more cue overlap from study to test, aiding long-term memory retrieval.

* **What are some simple methods you can use to increase retrieval from long-term memory?**

Table 6.1 (p. 143) summarizes the techniques described in the preceding sections.

* **How effective are mnemonics in increasing long-term memory retrieval?**

If one trains in the use of mnemonics, these tech­niques can significantly improve memory for lists of information. However, they will not necessarily improve memory for all types of information.