

Elaborative Rehearsal.

“A better alternative to maintenance rehearsal is *elaborative rehearsal*. This involves thinking about the meaning of the information that is to be remembered, as well as making associations from that information to information already stored in memory... The results [of the research] was clear-cut. Memory was much better when participants were required to judge the pleasantness of words relative to when they were noticing *e*'s or counting letters... Judging the pleasantness of words requires that you think about what the word means and may even make you think about some associated information.” *Cognitive Psychology*. G. Robinson-Riegler & B. Robinson-Riegler.

Spacing Effect.

“In a later investigation, Bahrck and Hall (1991) investigated the retention of material from high school algebra. Participants in the study had all taken algebra, but only some of them had subsequently enrolled in college-level mathematics... Bahrck and Hall took stock of important factors such as level of performance in high school algebra, subsequent rehearsals of the material, and scores on the Scholastic Aptitude Test (SAT). ... Although factors like SAT scores and grades did relate to overall levels of performance, they were relatively unimportant in predicting the maintenance of knowledge over time. The only really good predictor of knowledge maintenance was the time period over which the material was initially learned. Material learned over the course of a longer period persisted for decades; the same material learned over a shorter period of time vanished relatively quickly... Repeating material at spaced intervals over a period of time leads to better retention than learning the same information through closely spaced repetitions over a shorter interval.” *Cognitive Psychology*. G. Robinson-Riegler & B. Robinson-Riegler.

Retrieval versus Exposure.

“Material that is repeatedly retrieved is better remembered than material that is not.” *Cognitive Psychology*. G. Robinson-Riegler & B. Robinson-Riegler.

Information Processing System.

“In addition to the millions of memory networks, we all have hardwired into our brain a mechanism – an information processing system... The information processing system is meant to make connections to what is useful, and let go of the rest... Scientists believe that under (REM) stage of sleep the brain processes wishes, survival information and the learning that took place that day. Basically, whatever is important to us.” *Getting Past Your Past*. F. Shapiro, Ph.D.