

Baddeley and Hitch's model of working memory:

- describes the structure and function of working memory in 3 components:

Phonological loop, visuo-spatial sketchpad, central executive

- they can function independently/interact

- phonological loop and visuo-spatial sketchpad are subs-systems

- central executive is an attentional controller

Phonological loop- (verbal working memory)

- temporarily stores a limited amount of verbal speech like info for a brief time

- word length effect; shorter words are easier to remember

e.g. Bruma, Greece, Tibet are easier to rehearse in the phonological loop than Afghanistan, Switzerland

Visuo-spatial sketchpad- (visual working memory)

- temporarily stores a limited amount of visual and spatial info for a brief time

e.g. the visuo spatial sketchpad enables us to remember exactly where we previously placed a glass when we turn back to it to pour a drink

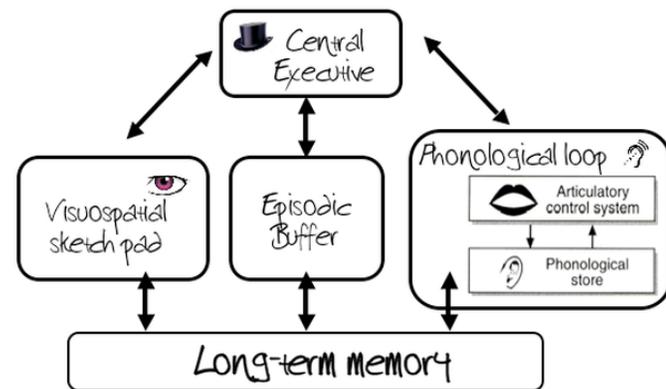
Central executive- controls attention

- integrates info from phonological loop and visuo spatial sketchpad, as well as info from LTM

- NWC is controlled by this

- it manipulates info held in the sub systems, therefore is the working component of memory

e.g. it directs attention to activities you are currently undertaking; combines info



Maintenance rehearsal- repeating info over and over so that info can be retained in STM

- also involves visual and spatial info by using an inner eye to maintain image in STM for a period of time

- if not interrupted, the info can be retained indefinitely in STM

e.g. phone number

Elaborative rehearsal- process of linking new info in meaningful way with other new info or info already stored in LTM

e.g. making up a story about specific numbers to remember a phone number

how well it is stored in LTM

- info will be retained briefly if processed at shallow level

- info will be retained longer if processed at deeper level

MNEMONIC DEVICES

techniques for improving memory

Acronyms and rhymes:

- the first letter of a sequence of words
- pronounceable e.g. ANZAC Australian and New Zealand Army Corps
- phrase/string of words with similar sounding key words e.g. i before c except after c