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PSY 101

CHAPTER 8:

5. There are two types of interference: proactive interference and retroactive interference. Proactive interference is when old information hinders the recall of newly learned information. Meanwhile, retroactive interference is when information learned more recently hinders the recall of older information. The difference between the two is that proactive interference is when previously learned information interferes with new information, and retroactive interference is when new information interferes with previously learned information.

6. Arousal theory is when strong emotions trigger the formation of strong memories and weaker emotional experiences form weaker memories. A real-life example of arousal theory is when I am going through a breakup, and I am reminded of how unfortunate things were that made us end. In a result to that my emotion levels are high and are occupied by going out for a drink at the bar to help weaken my memory or emotion.

12. Three different techniques Esha can use to study for her LSAT is to rehearse, make use of mnemonic devices, and applying the self-reference effect. When studying, it is important to review the material and organize proper study sessions. This can be done in different ways such as organizing and studying your notes, taking practice exams, and linking new information and applying it to what you already know. Mnemonic devices help us to remember and recall information. One beneficial mnemonic device is acronyms. Acronyms are words formed by the first letter of each word you want to remember. In addition, making a catchy song or catch phrase can also enhances one memory in learning or studying new and old material. Lastly, writing notes in your own words, definitions from the text, and then rewriting them in your own words can also make Esha studying for her LSAT useful. Relating the material to something she has already learned in class or think how it can be applied the concepts to her own life.

14) Hindsight bias is a psychological phenomenon that allows people to convince themselves after an event that they accurately predicted it before it happened. The tendency to perceive past events as more predictable than they were. For example, former President, Donald Trump ran for his second term against his opponent, President Joe Biden. Trump believed that he would win this terms election because it happened before. After losing, he convinced himself that the votes were rigged and tampered with.

15) The concept of flashbulb memory is to exceptionally clear recollection of an important event. A real-world example of this would be the 9/11 attack in the World Trade Center. Every year as fellow American citizens, we pay tribute to the lives that were lost and suffered through this tragedy. We are forced to remember and recollect events from the past. In addition, often when I am watching television, I noticed there are commercials that target the audience of people who were around during the attack. They make settlements addressing the falls, lung cancer, and more that could have possibly been triggered by the attack.

CHAPTER 9:

17) The difference between recall, recognition, and relearning is that recall accesses information without cues. Recognition identifies what was previously learned information after encountering it again, usually in response to a cue. Lastly, relearning is learning information that was previously learned.

39) The three stages of prenatal development are germinal, embryonic, and fetal. The germinal stage of pregnancy starts at the time of conception when the sperm and the egg combine to form a zygote. During the germinal stage, the zygote begins to divide to implant into the uterine wall. Once implantation is complete, the embryonic stage begins. This development takes about one to two weeks to occur. Secondly, the embryonic stage is the stage during prenatal development in which the developing baby is known as an embryo. The embryonic stage begins when the developing zygote, or fertilized egg, implants itself in the mother's uterus. This development takes three to eight weeks. Lastly, the fetal stage of development begins around the ninth week and lasts until birth. This is when the embryo officially turns into a fetus. The fetus gets its assigned sex around nine weeks of pregnancy. Throughout the fetal stage the brain continues to grow and develop, nearly doubling in size from weeks 16 to 28. The fetus continues to gain weight and grow in length until approximately 40 weeks. Then, the fetus is born.

42) The term adolescences is the phase of life between childhood and adulthood, from ages 10 to 19. It is a unique stage of human development and an important time for laying the foundations of good health. Jean Piaget claims that this is a time of rapid cognitive development.

53) Authoritarian parenting focuses on discipline and control, while authoritative parenting focuses on limit setting with connection. Authoritative parents focus on a lot of connections, but setting boundaries comes hard for them and Authoritarian parenting is low on both connection and boundaries.

57) Jean Piaget called his second stage of cognitive development the preoperational stage because in this stage, children can use symbols to represent words, images, and ideas, which is why children in this stage engage in pretend play. They also begin to use language in the preoperational stage, but they cannot understand adult logic or mentally manipulate information. Therefore, at this stage children are pre-operational are their logic is based on their own personal knowledge of the world so far, rather than on conventional knowledge.

