There are three ways to retrieve information out of long-term memory. (LTM) Or what I call getting information out of the storage container called the brain. These three ways to retrieve information are recall, recognition and relearn.

Recall means the ability to access information without cues or help. For example, when I walk to the N-train in my neighborhood, I just go. I don't need a map or phone. I don't even think about it. I just go. Recognition means the ability to recognize or identify information that was previously learned. In the case of getting my drivers permit when I was 16 years old, I studied a manual for two weeks and then took a multiple-choice test. I was able to recognize all of the information in that test because of the manual I studied as opposed to a motorcycle test, which I would know nothing about. Relearn means to learn information previously learned about (again) or relearn information previously forgotten about. It is not new information that is learned but is really dormant information. For example, if I go take another abnormal psychology class in a few years I'd probably learn what I forgot very quickly while at the same time have the ability to learn quickly that which I missed.