

Remembering and Forgetting — Practice Worksheet

This worksheet covers remembering (recall, recognition, relearning), the levels of processing model, rehearsal strategies, and the types of forgetting.

Part A — Remembering and processing

Q1. Distinguish between the terms 'recall' and 'forgetting' with regard to the process of memory. *(4 marks)*

Q2. Outline Craik and Lockhart's (1972) levels of processing model, explaining the difference between shallow and deep processing. *(4 marks)*

Q3. State the aim and one key finding of Craik and Tulving's (1975) study. *(3 marks)*

Part B — Rehearsal

Q4. Identify and outline two different rehearsal strategies and propose an example for each. *(6 marks)*

One: _____

Two: _____

Q5. Explain how Ebbinghaus proposed that memory retention could be improved over time. *(3 marks)*

Part C — Forgetting

Q6. Identify and outline four types of forgetting. *(8 marks)*

One: _____

Two: _____

Three: _____

Four: _____

Q7. Distinguish between proactive and retroactive interference, providing an example of each. *(4 marks)*

Deeper (semantic) processing and elaborative rehearsal produce stronger long-term memories; forgetting can arise from retrieval failure, interference, motivated forgetting or decay.