

## Recall and Recognition

Are you one of those people who can't remember anything? Well, don't worry! It's not because you are stupid or are "just forgetful". All of your answers are right here!



There are two types of remembering:

**Recall** – which requires you to reproduce information on your own with out any hints. These kinds of tests include fill-in-the-blank and short answer.

What is the capital of Indiana? \_\_\_\_\_

**Recognition** – which requires you to selection an option from a set of possible answers. These tests include matching and multiple choice.

The capital of Indiana is \_\_\_\_\_?

- A. Indianapolis
- B. Hobart
- C. Merrillville
- D. Evansville

- ◆ It is easier to remember something from recognition than from recall.
- ◆ In a recognition test, some answers can usually be eliminated.
- ◆ The difficulty of recognition tests can vary depending on the similarity and likeliness of the choices for answers.

Retrieval cues and the context effect are also very helpful in remembering things.

**Retrieval Cues** – things that help us remember such as sight, smell, and taste. Some come from associations made when you first encoded the memory.

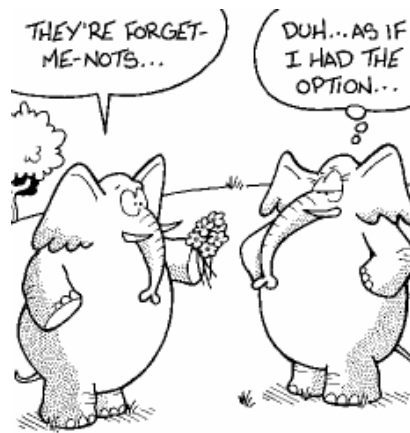
**Context Effect** – you will remember something better if you are in the same place as when you encoded\* it.

**example:** Godden and Baddeley researched the differences in the memory of a list of words on land and underwater. They discovered that the subjects recalled the list better when they were in the same setting as when they first learned it.



\* encoding – putting information into your memory.

There are many great ways to help you improve your memory! Here are some simple tips to help you remember things.



**P** – preview

briefly look over the material before you begin

**R** – read

read through all of the material

**T** – think critically

sit down and really think about what you read

**R** – review

go back and look over the material and quiz yourself

1. Study frequently
2. Think critically about the material
3. Make it meaningful to you (more associations = more cues)
4. Use mnemonic devices
5. Refresh your memory by using the context effect
6. Recall and review events A.S.A.P. to keep them fresh in your mind
7. Study right before you sleep
8. Avoid studying similar materials right after one another.
9. Use recall to test yourself