Using Learning, Memory and Cognition Techniques

Unit Project for Unit 4

The techniques found in this unit are among the most helpful and applicable things we will talk about this year. We can use these techniques in our everyday lives, especially in school. These can help within family and work situations too—even with pets. From each of the following, you are to identify four situations in your life now and create a plan for how you do could use these techniques in your life. Then reflect on how it went, drawing conclusions on why things happened the way they did. At the end, you will have four different write ups that include the following:

1. A description of the situation
2. A plan of action/procedure
3. An existing piece of research/case study that pertains to your chosen topic/technique
4. A reflection on how it went, including any conclusions you can draw

Menu of techniques/topics to choose from

* **Classical Conditioning**
* **Operant Conditioning**
* **Social Learning/Observational Learning**
* **Memory Techniques**

**Chunking**

**Mnemonics (come up with some of your own!)**

**Spacing Effect**

**Testing Effect**

**Hierarchies**

**Sleep**

**Priming**

**Serial Position Effect**

**State Dependent Learning—Mood-Congruent memory**

**Other encoding and retrieval techniques**

* **Thinking Strategies**

**Convergent/Divergent thinking**

**Prototypes**

**Creating concepts**

**Algorithms**

**Heuristics (availability, representativeness)**

**Insight**

**Confirmation bias**

**Mental Set**

**Belief Perseverance**

**Framing**