

Solutions

Each answer shows the steps, then the **result**.

2.1

- effortful encoding requires deliberate attention and rehearsal; automatic encoding happens without intention, e.g. for space, time or frequency

2.2

- semantic processing connects material to existing knowledge, creating more retrieval routes than a surface feature such as sound

2.3

(a)

- the testing effect

(b)

- retrieval practice strengthens the memory itself, whereas re-reading mainly increases familiarity

3.1 A

- grouping creates larger meaningful units within the capacity limit

3.2 B

- distributed study outperforms the same total time massed

3.3

(a)

- familiarity from re-reading feels like knowing, but is not the same as being able to retrieve

(b)

- self-testing or spaced retrieval, because retrieval strengthens the memory and reveals what is actually missing