Journal Articles on Learning and Memory

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**Article 1**

This article ascertains that the retrieval of information is better than re-reading the information. This means that an individual can easily retain things in the memory through the retrieval where the information is reassessed. The remembering of information motivates declarative memory at a more prolonged and direct intention interval. Retrieval practice impacts both the form of recognition memory, but the retrieval practice effect (RPE) is more evident for reminiscence than familiarity (Guran, Lehmann-Grube &Bunzeck, 2020). The RPE is prevalent in that it is perceived in life long, but elders barely benefit from retrieval as contrasted to the young generation. The findings from this study offer necessary knowledge regarding short-lived constancy of RPE, disparity impacts of RP on memory, and they offer more proof for changed linked to age and reductions in the RPE.

This source summarizes the importance of retrieval practice effect (RPE) on the enhancement of memory among individuals. Repeated encoding has been presented as a prevalent method of learning new materials; nonetheless, the retrieval of new materials is even better. The advantage of retrieval practice is better than the elaborative methods of encoding, and the RPE is found in various inducement modalities. This article relates to the week’s subject because it relates to memory and learning.

From this article, it is apparent that the retrieval of materials can be a better way of learning about specific materials, and it has a significant implication in the education system. This presents the need for considering the importance of RPE on the learners.

**Article 2**

This source reported that procedural absorbing, the advancement of motor and perceptual skills via comprehensive exercise is an underlying cognitive operating which enables effective dispensation of and reflex reactions to complicated impetuses in the environment (Simor et al., 2019). The outcomes of this study reported that sleep barely contains an all-in-one-impact on a consolidation of memory, and the upcoming researches must concentrate on mapping methodically which memory and learning approaches may or may not advantage from sleep and linked oscillatory activity.

The main point highlighted in this study is that statistical learning is gained fast and stays constant, even following an extended practice, while sequence learning may advance more slowly. This article offers some insights into the week’s reading because it highlights different learning approaches in connection to memory.

Therefore, this source is crucial as it offers a better understanding of different learning processes and how they relate the cognitive abilities. The authors support their argument with numerous sources, and this makes it more credible.

References

Guran, C. A., Lehmann-Grube, J., &Bunzeck, N. (2020). Retrieval Practice Improves Recollection-Based Memory Over a Seven-Day Period in Younger and Older Adults. *Frontiers in psychology*, *10*, 2997. <https://doi.org/10.3389/fpsyg.2019.02997>

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