

**University of Florida**  
**PSY4930: Memory and Memory Improvement**  
**30224 M11B & 30263 D71L**  
**Spring 2024**



**Instructor:** Laura Shambaugh, Ph.D. (she/her)  
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**Office:** PSY 273

**Zoom Office Hours:** By Appointment (<https://calendly.com/lsham>)

**Teaching Assistants:** Matthew Steranka ([msteranka@ufl.edu](mailto:msteranka@ufl.edu)) and Soo Yeon Park ([so.park@ufl.edu](mailto:so.park@ufl.edu))

**Zoom Office Hours:** Matthew Steranka: Tuesdays 3-6pm (<https://ufl.zoom.us/j/99761729029>)  
Soo Yeon Park: TBA

## **Course Description**

It is hard to imagine an aspect of psychology more fundamental than memory. Without a functioning memory, other cognitive functions such as perception, learning, problem-solving, and language would be impossible. Without a functioning memory, social interactions such as play, relationships, and work would be chaotic (at best!). For these reasons, the study of memory has been of critical importance to psychologists.

In this course, we will adapt both cognitive and neuroscientific perspectives while examining a variety of phenomena organized under the heading of “human memory”. We will examine major theoretical principles underlying memory function, as well as various memory systems and their respective processes. We will also examine applications of memory theory such as eyewitness memory, memory improvement strategies, and everyday autobiographical memory.

## **Course Objectives**

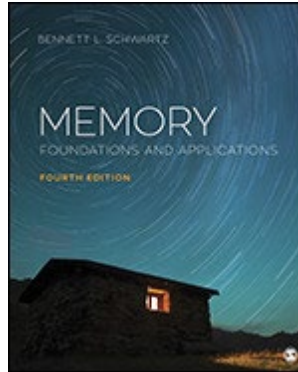
At the completion of this course students will be able to:

1. Recognize major concepts in memory science and demonstrate familiarity with major concepts, theoretical perspectives, empirical findings, and historical trends in memory science.
2. Identify tools and research methodologies employed in cognitive psychology and cognitive neuroscience and understand how they apply to memory.
3. Analyze and compare scientific arguments in pursuit of formulating a view on the relationship between the brain, mind, and behavior.

4. Practice using critical thinking, skeptical inquiry, and the scientific approach to solve problems related to memory processes.

## **Required Materials**

The only required material for this class is the textbook (shown below). Students may opt to get a physical copy of the text or the eBook depending on personal preference. Note that the eBook (but not the physical book) includes pop-up practice questions in each chapter to test material comprehension in real-time.



Memory: Foundations and Applications by Bennett L. (Lowell) Schwartz  
SAGE Publications, Inc, 4th Edition, 2020  
ISBN: 9781544363325

## **Course Expectations**

This is a fully online course, meaning that all coursework (100%) will be conducted online. Expectations for performance in fully online courses are the same as for traditional courses; please be aware that fully online courses require a degree of self-motivation, self-discipline, and technology skills that can make them feel more demanding for certain students. Keeping up with this online course is entirely students' responsibility. You can expect this class to be demanding, but hopefully you will also find it personally and intellectually fulfilling. The course requires you to read, think, write, and apply what you are learning as we go. Course lectures, assignments (except for SONA research extra credit), and supplemental materials are only accessible through the course website.

Fully online courses are not independent study courses. You will be expected to interact online with the professor and your fellow students, complete assignments, meet deadlines, and work in virtual groups. Quizzes and exams (including the midterm and final) will be completed online.

Course assignments must be submitted electronically through the Canvas platform. Neither I (the instructor) nor TAs will accept assignments via personal email. In anticipation of technical difficulties, make sure you turn in assignments **early** and double check that all documentation has uploaded correctly. If you any experience technical difficulties, you need to **call** (do not chat or email) the UF help desk ASAP at 352-392-4357. Explain the situation and send me your incident number via Canvas messages.

**\*\*Please note that all Canvas deadlines are in Eastern Standard Time (EST).\*\***

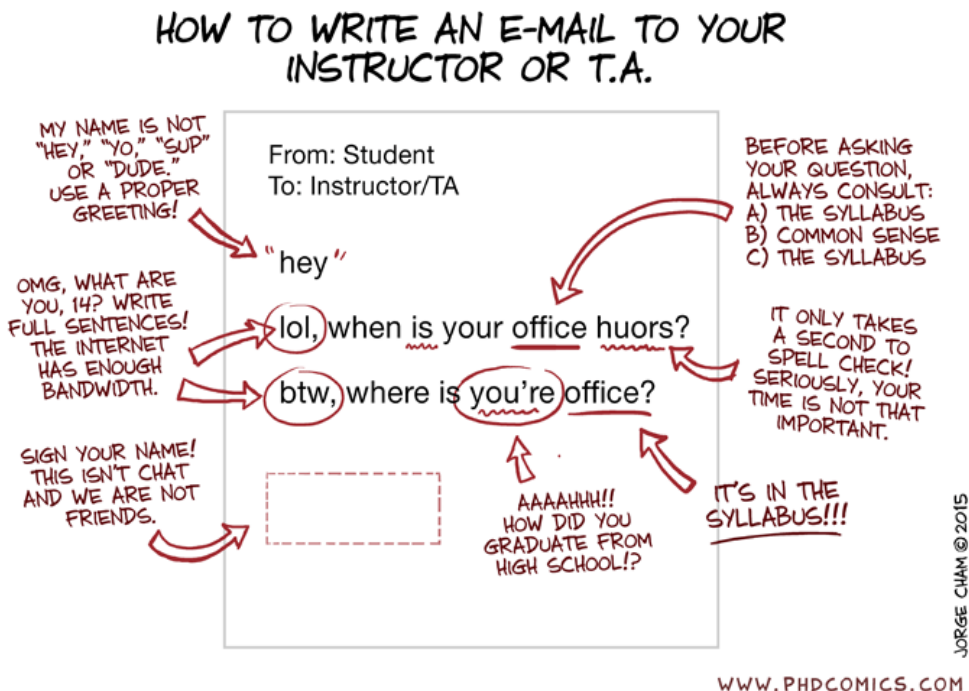
## **Course Communication**

Communication is **CRITICAL**, particularly because this course is completely online. Please reach out to the instructor or TAs at any time during the semester with questions or concerns. I will communicate important news and updates to the class via Canvas announcements. If you would like to make direct contact with me, I prefer that you use Canvas Messages.

Canvas Messages is a private and secure text-based communication system which occurs within a course among its members. Users must log on to Canvas to send, receive, or read messages. The Messages tool is located on the Course Menu, on the left side of the course webpage. It is recommended that students check their messages routinely to ensure up-to-date communication.

### **A few reminders regarding Canvas Messages communication:**

- I will respond to messages during normal business hours (9AM-6PM Monday-Friday)
- If you message me during the weekend, do not expect a response until the following Monday
- I work with *many* students and receive a large number of correspondences – if I have not gotten back to you within 72 hours, please send me a follow-up email
- If I do not respond to a message, it does **not** constitute a valid reason for missing an assignment due date



## **Learning Assessment**

This course assesses student learning through assignments, quizzes, and exams.

**Assignments:** Assignments for this course include...

1. Memory improvement project [30 points]
2. Empirical abstract assignment (Module 1) [10 points]
3. Brain lobe review worksheet (Module 2) [5 points]
4. DIY model of semantic representation (Module 5) [5 points]
5. False memory reflection (Module 7) [5 points]
6. Mapping amnesia assignment (Module 10) [5 points]
7. Weekly module discussions [5 points] + replies [5 points]

**Quizzes:** Each module has a corresponding quiz to be completed (for a total of 13 quizzes; each worth 15 points). Each quiz contains 5 short-answer questions; students must select and answer 3 of 5 questions within 60 minutes from the time the quiz attempt is initiated. If students answer more than 3 of the 5 questions, the instructor and TAs reserve the right to select 3 questions for grading. Only 1 attempt is allowed per quiz. Quizzes are open-book – that is, you may refer to the course textbook during any given quiz. Keep in mind, however, that you need to formulate an answer using your **own** words; regurgitating the text word-for-word will result in a 0. You also cannot use pre-written notes. You must write the answers yourself during the time of the quiz. Internet sources are **not** permitted during quizzes; the use of such sources can be detected by UF instructional technology and will result in a 0.

**Exams:** This course has both a midterm and final exam. Each exam consists of 50 multiple choice questions, and each exam is worth 50 points (1 point per question). Exams will be made available for 72 hours during the week of midterms and finals, respectively; students must take the midterm and final during the allotted time and complete each respective exam within 75 minutes from the time the exam attempt is initiated. Only 1 attempt is allowed per exam. Unlike quizzes, the midterm and final exams are **closed book**.

## **Extension and Make-Up Policy**

**No make-ups or extensions** will be given on any material for this course with the exception of university-approved excuses (religious, medical) that are accompanied by the appropriate documentation. Documentation should be provided **at least eight (8) hours before the course material is due** unless there are extenuating circumstances (in which case the documentation must be provided as soon as possible). Make-ups and extensions need to be completed by no later than 48 hours after the material was due (including weekends and holidays) barring extreme circumstances. Thus, if the material was due on Wednesday at 11:59PM, then it must be submitted by Friday at 11:59PM with the exception of extreme circumstances.

## **Disputing a Grade**

You will have **one week** (including weekends and holidays) after any course material grade has been posted to dispute your grade. Disputes will not be accepted after that date. The exception will be the final exam because there won't be enough time to complete disputes and turn grades in; final exam-related disputes must be made within 48 hours of grade posting. If you want to dispute a grade you will need to write a paragraph explaining the dispute. For exams/quizzes, write out the question and include a

paragraph explaining why your answer is correct (with references to the material in the text or lecture for each question you are disputing). Then send a private message with this information to the instructor.

## **Honor Code**

I am not willing to give a passing grade to those who do not abide by the UF honor code. **Any student who cheats or helps another student cheat will receive an E (Fail) in this class.** When students enroll at the university, they commit themselves to the standard drafted and enacted by students.

**Preamble:** In adopting this honor code, the students of the University of Florida recognize that academic honesty and integrity are fundamental values of the university community. Students who enroll at the university commit to holding themselves and their peers to the high standard of honor required by the honor code. Any individual who becomes aware of a violation of the honor code is bound by honor to take corrective action. The quality of a University of Florida education is dependent upon community acceptance and enforcement of the honor code.

**Honor Pledge:** We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honesty and integrity by abiding by the Honor Code. On all work submitted for credit by students at the University of Florida, the following pledge is either required or implied:

"On my honor, I have neither given nor received unauthorized aid in doing this assignment."

It should be clear that academic dishonesty, such as cheating, is **NOT** tolerated at the University of Florida. Cheating is defined in the University Handbook, and it is the student's responsibility to be familiar with its many forms (including plagiarism). If there is a suspected academic honesty violation, the Student Honor Code Procedures will be followed.

## **Extra Credit**

Research is an important part of psychology and our understanding of human memory! You can earn 2 extra credit points for every 1 SONA credit allocated to this class during the semester for a maximum of 4 points. All research participation must be completed no later than **April 20<sup>th</sup>, 2024 @ 11:59PM**, and credits must be assigned to the course by **April 24<sup>th</sup> @ 11:59PM**.

If you would like to earn extra credit but do not want to participate in SONA research, you can complete an alternative assignment that involves writing a 2–3-page article review (please let me know if you plan to do the alternate assignment no later than **March 18<sup>th</sup>, 2024 @ 11:59PM** so I can provide you with an article).

## **Academic Dishonesty and Plagiarism**

The use and appropriation of another one's work without any indication of the source and the representation of such work as the student's own. Any student, who fails to give credit for ideas, expressions or materials taken from another source, including internet sources, is guilty of plagiarism. If

you cut and paste someone's else's words, they must be in quotes. A citation here is required, but not sufficient. Direct quotes must be indicated as such. **Be assured and forewarned that cheating will not be tolerated in this course.**

Plagiarizing is a serious academic offense. If you are caught plagiarizing an assignment or quiz, you will receive a 0 for the course and an official UF written notice. Refer to the section on plagiarism in the UF Student Handbook.

## **Calculating Grades**

Exams (2 x 50 points) = 100 points

Quizzes (13 x 15 points) = 195 points

Module 1 Abstract Assignment = 10 points

Memory Improvement Project = 30 points

Module 2 Review Worksheet = 5 points

Module 5 Semantic Representation Model = 5 points

Module 7 False Memory Reflection = 5 points

Module 10 Mapping Amnesia Assignment = 5 points

Weekly Module Discussions/Replies (13 x 10 points) = 130 points

**Maximum Points Possible = 485\***

\*Total excludes any extra credit points you earn (up to 5 points; so, you could hypothetically earn as many as 490 points).

Letter	Cumulative Points	Letter	Cumulative Points
A	449-485	C	352-371
A-	435-448	C-	338-351
B+	420-434	D+	323-337
B	401-419	D	304-322
B-	386-400	D-	289-303
C+	372-385	E	288 or less

## **Doing Well in This Course**

Here are a few tips for success based on memory research relevant to this course:

1. **Self-reference effect:** You will remember material better when you can relate it to your personal life, experiences, etc.
2. **Use deep, semantic processing:** You will remember material better when you think about its conceptual meaning.
3. **Expand on the material:** Think about how concepts are interrelated and connect the material to your other preexisting knowledge.
4. **Distributed practice and the testing effect:** Study by testing yourself on course material, and do so spaced out over time.

5. **Take handwritten notes:** Writing notes by hand forces you to go slower and to process material more thoughtfully (leading to better encoding).

## **Disability Accommodations**

The Disability Resource Center collaborates with students, faculty, staff, and community members to create diverse learning environments that are usable, equitable, inclusive, and sustainable. The DRC provides UF students with disabilities the necessary support to successfully complete their education and participate in activities available to all students. If you have a diagnosed disability and plan to utilize academic accommodations, please contact the DRC at 352-392-8565. If you require special accommodations due to a learning disability, **please let me know during the first two weeks of the semester.**

## **Course Schedule**

Below is a tentative course schedule for the Spring 2024 semester. Please be aware that **dates and content are subject to change at the instructor's discretion.** If any schedule change(s) are made during the semester, I will post an announcement on Canvas informing you of said change(s).

Week	Dates	What's Happening?	Reading
1	1/8-1/20	Module 1: Introduction to Memory <ul style="list-style-type: none"><li>Initial Discussion due 1/18 @ 11:59PM</li><li>Follow-up Replies due 1/20 @ 11:59PM</li><li>Module 1 Quiz available 1/11-1/20 @ 11:59PM</li></ul>	Ch. 1
2	1/15-1/20	Module 2: Neuroscience of Memory <ul style="list-style-type: none"><li>Initial Discussion due 1/18 @ 11:59PM</li><li>Follow-up Replies due 1/20 @ 11:59PM</li><li>Brain Review Worksheet (Module 2) due 1/20 @ 11:59PM</li><li>Module 2 Quiz available 1/18-1/20 @ 11:59PM</li></ul>	Ch. 2
3	1/22-1/27	Module 3: Working Memory <ul style="list-style-type: none"><li>Initial Discussion due 1/24 @ 11:59PM</li><li>Follow-up Replies due 1/27 @ 11:59PM</li><li>Empirical Abstract Assignment (Module 1) due 1/27 @ 11:59PM</li><li>Module 3 Quiz available 1/25-1/27 @ 11:59PM</li></ul>	Ch. 3
4	1/29-2/3	Module 4: Episodic Memory <ul style="list-style-type: none"><li>Initial Discussion due 1/31 @ 11:59PM</li></ul>	Ch. 4

		<ul style="list-style-type: none"> <li>Follow-up Replies due 2/3 @ 11:59PM</li> <li>Module 4 Quiz available 2/1-2/3 @ 11:59PM</li> </ul>	
<b>5</b>	2/5-2/10	<p>Module 5: Semantic Memory</p> <ul style="list-style-type: none"> <li>Initial Discussion due 2/7 @ 11:59PM</li> <li>Follow-up Replies due 2/10 @ 11:59PM</li> <li>Module 5 Quiz available 2/8-2/10 @ 11:59PM</li> <li>Memory Improvement Project check-in</li> </ul>	Ch. 5
<b>6</b>	2/12-17	<p>Module 6: Autobiographical Memory</p> <ul style="list-style-type: none"> <li>Initial Discussion due 2/14 @ 11:59PM</li> <li>Follow-up Replies due 2/17 @ 11:59PM</li> <li>DIY Semantic Memory Model (Module 5) due 2/17 @ 11:59PM</li> <li>Module 6 Quiz available 2/15-2/17 @ 11:59PM</li> </ul>	Ch. 6
<b>7</b>	2/19-2/24	<p>Module 7: False Memory</p> <ul style="list-style-type: none"> <li>Initial Discussion due 2/21 @ 11:59PM</li> <li>Follow-up Replies due 2/24 @ 11:59PM</li> <li>Module 7 Quiz available 2/22-2/24 @ 11:59PM</li> </ul>	Ch. 7
<b>8</b>	2/26-3/2	<p><b>Midterm Exam (Modules 1-7)</b></p> <ul style="list-style-type: none"> <li>False Memory Reflection (Module 7) due 2/28 @ 11:59PM</li> <li>Midterm exam available from 2/27-2/29 @ 11:59PM</li> </ul>	Ch. 1-7
<b>9</b>	3/4-3/8	<p>Module 8: Prospective Memory and Metamemory</p> <ul style="list-style-type: none"> <li>Initial Discussion due 3/6 @ 11:59PM</li> <li>Follow-up Replies due 3/9 @ 11:59PM</li> <li>Module 8 Quiz available 3/6-3/8 @ 11:59PM</li> </ul>	Ch. 8
<b>10</b>	3/9-3/16	<b>Spring Break ☺</b>	N/A
<b>11</b>	3/18-3/23	<p>Module 9: Memory and Development</p> <ul style="list-style-type: none"> <li>Initial Discussion due 3/20 @ 11:59PM</li> <li>Follow-up Replies due 3/23 @ 11:59PM</li> <li>Module 9 Quiz available 3/21-3/23 @ 11:59PM</li> </ul>	Ch. 9



<b>12</b>	3/25-3/30	Module 10: Brain-based Amnesia and Alzheimer's Disease <ul style="list-style-type: none"> <li>▪ Initial Discussion due 3/27 @ 11:59PM</li> <li>▪ Follow-up Replies due 3/30 @ 11:59PM</li> <li>▪ Module 10 Quiz available 3/28-3/30 @ 11:59PM</li> </ul>	Ch. 10
<b>13</b>	4/1-4/6	Module 11: Memory and Clinical Disorders <ul style="list-style-type: none"> <li>▪ Initial Discussion due 4/3 @ 11:59PM</li> <li>▪ Follow-up Replies due 4/6 @ 11:59PM</li> <li>▪ Mapping Amnesia Assignment (Module 10) due 4/6 @ 11:59PM</li> <li>▪ Module 11 Quiz available 4/4-4/6 @ 11:59PM</li> </ul>	Ch. 11
<b>14</b>	4/8-4/13	Module 12: Eyewitness Memory <ul style="list-style-type: none"> <li>▪ Initial Discussion due 4/10 @ 11:59PM</li> <li>▪ Follow-up Replies due 4/13 @ 11:59PM</li> <li>▪ Memory Improvement Project Due 4/13 @ 11:59PM</li> <li>▪ Module 12 Quiz available 4/11-4/13 @ 11:59PM</li> </ul>	Ch. 12
<b>15</b>	4/15-4/20	Module 13: Memory Improvement and Learning Efficiency <ul style="list-style-type: none"> <li>▪ Initial Discussion due 4/17 @ 11:59PM</li> <li>▪ Follow-up Replies due 4/20 @ 11:59PM</li> <li>▪ Module 13 Quiz available 4/18-4/20 @ 11:59PM</li> </ul>	Ch. 13
<b>16</b>	4/22-4/24	<b>Final Exam (Modules 8-13)</b> <ul style="list-style-type: none"> <li>▪ Final exam available from 4/22-4/24 @ 11:59PM</li> </ul>	Ch. 8-13