The kind of memory measurement found in multiple-choice tests is
A. recall.
B. recollection.
C. recognition.
D. reconstruction.

Answer: C

Because it is a multiple-choice item, we can say that this question is an example of measuring retrieval by
A. reconstruction.
B. recognition.
C. implicit means.
D. recall.

Answer: B

In virtually all cases, retrieval by __________ will be superior to retrieval by __________.
A. recall; recognition
B. reconstruction; recognition
C. recognition; recall
D. guessing; reconstruction

Answer: C

A professor who wants to measure her students' recognition of material should give them a(n) __________ test.
A. multiple choice  
B. essay  
C. short answer  
D. fill-in-the-blank

Answer: A

Pages: 256-258  
Topic: Retrieval and How We Measure It  
Skill: Applied

88. The test that most clearly measures recall is a(n) __________ test.  
   A. multiple choice  
   B. essay  
   C. matching  
   D. true-false

Answer: B

Pages: 256-258  
Topic: Retrieval and How We Measure It  
Skill: Factual

89. For which of the following methods are individuals given the fewest possible cues to aid retrieval?  
   A. a mnemonic technique  
   B. a test of recall  
   C. the method of loci  
   D. a recognition test

Answer: B

Pages: 256-258  
Topic: Retrieval and How We Measure It  
Skill: Applied

90. An essay test is an example of a(n) ________ test.  
   A. recognition  
   B. projective  
   C. recall  
   D. aptitude

Answer: C
91. For which method of retrieval are individuals provided with the most cues to aid retrieval?
   A. a mnemonic technique
   B. a test of recall
   C. a projective technique
   D. a test of recognition

   Answer: D

92. When we ask, “Did Tom Cruise star in ‘War of the Worlds’?” we’re asking for ____________, but if we ask “Who starred in ‘War of the Worlds’?” we’re asking for ____________.
   A. recognition; recall
   B. recall; recognition
   C. an algorithm; a heuristic
   D. a phoneme; a morpheme

   Answer: A

94. The finding that recognition is generally easier than recall supports the idea that
   A. there are two different kinds of memory being tested.
   B. memory tests are unreliable.
   C. cues are important for retrieval.
   D. some people have better memories than do others.

   Answer: C
95. If you learned Spanish at an early age, regaining some proficiency with the language later on in college requires less effort because it involves
A. recognition.
B. interference.
C. rehearsal.
D. relearning.

Answer: D

Pages: 256-258
Topic: Retrieval and How We Measure It
Skill: Applied

97. In introductory psychology, it takes a student 30 seconds to understand Thorndike’s Law of Effect. Three years later, in a learning and memory class, it takes just 10 seconds to understand the concept, thus demonstrating
A. relearning as an indicator of memory.
B. photographic memory.
C. that some concepts are easier to learn than others.
D. a memory enhanced by encoding specificity.

Answer: A

Pages: 256-258
Topic: Retrieval and How We Measure It
Skill: Factual

99. Which of these is the best example of an implicit measure of memory?
A. recall
B. overlearning
C. recognition
D. relearning

Answer: D

Page: 261-262
Topic: The Usefulness of Meaningfulness
Skill: Conceptual

114. Meaning lies in the __________, not in the material to be learned.
A. learner  
B. situation  
C. communicator  
D. imagination  

Answer: A  

Page: 261-262  
Topic: The Usefulness of Meaningfulness  
Skill: Conceptual  

115. Whether information is meaningful or not is determined by  
   A. the amount of time spent in rehearsal.  
   B. the sequence in which it is studied.  
   C. short-term memory limits.  
   D. individual experience.  

Answer: D  

Page: 261-262  
Topic: The Usefulness of Meaningfulness  
Skill: Factual  

116. The extent to which new information evokes associations with information already in  
    memory is called  
    A. linkage.  
    B. meaningfulness.  
    C. acquisition.  
    D. networking.  

Answer: B  

Pages: 262-265  
Topic: The Value of Mnemonic Devices  
Skill: Conceptual  

117. Forming associations between previously stored information and what you are currently  
    studying is best represented in the practice of  
    A. making up heuristics.  
    B. making up mnemonic devices.  
    C. relearning.  
    D. creative problem solving.  

Answer: D
118. Mnemonic devices improve retrieval by
   A. using the method of massed practice.
   B. using the techniques of distributed practice.
   C. focusing on the advantages of overlearning.
   D. making new material more meaningful.

Answer: D

131. The practice, or rehearsal, of material over and above what is needed to learn it is
   A. chunking.
   B. overlearning.
   C. latent learning.
   D. the Ebbinghaus effect.

Answer: B

132. Joe is studying for a test. He studies the material until he is sure that he really knows it.
   Then, to be sure, he studies it once more. Joe has just engaged in
   A. chunking.
   B. overlearning.
   C. lateral learning.
   D. maintenance rehearsal.

Answer: B
133. The Ebbinghaus studies of memory indicate that the greatest amount of forgetting of learned material occurs
A. immediately after learning ceases.
B. about 2 to 4 days after learning ceases.
C. about 2 to 4 weeks after learning ceases.
D. about 2 to 4 months after learning ceases.

Answer: B

Page: 266-268
Topic: Overlearning
Skill: Factual

134. The fact that the more we practice what we learn, the better able we are to retrieve it from memory supports the concept of
A. free association.
B. encoding specificity.
C. overlearning.
D. diminishing returns.

Answer: C

Page: 266-268
Topic: Overlearning
Skill: Applied

135. A student demonstrates that she has learned a list of material after 8 presentations of the list. How many additional trials would be necessary to demonstrate 300 percent overlearning by this student?
A. 300
B. 32
C. 24
D. 11

Answer: C

Pages: 268-269
Topic: Scheduling, or Spacing, Practice
Skill: Factual

136. Rehearsal in which there is no break is called ___________ rehearsal.
A. continuous
B. massed  
C. distributed  
D. proactive

Answer: B

Pages: 268-269  
Topic: Scheduling, or Spacing, Practice  
Skill: Factual

137. The conclusion to be drawn from years of research is that–almost without exception—___________ practice is superior to ___________ practice.
   A. qualitative; quantitative  
   B. distributed; massed  
   C. heuristic; algorithmic  
   D. retroactive; proactive

Answer: B

Pages: 268-269  
Topic: Scheduling, or Spacing, Practice  
Skill: Applied

138. The principles of overlearning and distributed practice make it clear that when studying for a final exam, a student should
   A. study as much as possible, spreading study sessions over time.  
   B. do most of his or her studying the day or two just before the exam.  
   C. study in a limited number (3-5) or reasonably long (1-2 hour) sessions.  
   D. separate study sessions with 3-5 minutes breaks to engage in 100 percent overlearning.

Answer: A

Pages: 268-269  
Topic: Scheduling, or Spacing, Practice  
Skill: Applied

139. Of these, the best plan for studying for your next psychology exam is to
   A. study about an hour a day each day between now and then.  
   B. study about 3 hours every fourth day between now and then.  
   C. study about 4 hours every fifth day between now and then.  
   D. save up all your studying effort until the day before the exam.

Answer: A
140. The inhibition of retrieval of previously learned material caused by material learned later is called
   A. static state interference.
   B. proactive interference.
   C. dynamic cognitive dissonance.
   D. retroactive interference.

Answer: D

141. Sam studies French in high school and goes on to take Spanish in college. Later, he finds he cannot remember his French because the Spanish keeps getting in the way. This is an example of
   A. static state interference.
   B. proactive interference.
   C. diminishing returns.
   D. retroactive interference.

Answer: D

142. The inhibition of retrieval of recently learned material caused by material learned earlier is called
   A. proactive interference.
   B. encoding specificity.
   C. the massed-practice effect.
   D. retroactive interference.

Answer: A
143. Two months after getting a new phone number, you cannot remember your old number. Your memory failure is most likely an example of
   A. long-term memory decay.
   B. proactive interference.
   C. retroactive interference.
   D. proactive amnesia.

   Answer: C

144. Bob bought his second wife an anniversary gift. Unfortunately, he bought it on the anniversary date of his first marriage. Bob is experiencing
   A. total retrieval failure.
   B. repressive interference.
   C. retroactive interference.
   D. proactive interference.

   Answer: D

145. The more __________ the interfering material is to the material you are trying to recall, the greater is the interference, either proactive or retroactive.
   A. similar.
   B. contrasting
   C. vivid
   D. stressful

   Answer: A

146. A student covers the textbook chapters in order and takes a test on each. The student has
just taken a test on Chapter 6. Considering retroactive interference, on which chapter would you predict the poorest performance?
A. Chapter 1, given now
B. Chapter 5, given now
C. Chapter 7, given now
D. Chapter 15, given in week 15

Answer: A

Pages: 272
Topic: A Final Note on Practicing Retrieval
Skill: Applied

147. Which of the following statements is TRUE?
   A. Classroom exams measure what students have learned.
   B. Retrieval of information from long-term memory can be practiced.
   C. Taking tests on learned materials cannot improve test performance.
   D. All of the above are true.

Answer: B