MEMORY & STRESS

to download readings for each section:
Click the Readings link next to the exam date for each respective section

To view the slides from lecture, please find printed copies outside of rm 365 Scherm Ext. There is only ONE copy of each lecture, so please do not remove! Once gone, it will be gone... forever!

FINAL REVIEW AUDIO
(click below to download)
Part1
Part2
Part3
Video

0. Sept 3. Introduction

1. Sept 5. Improving memory: Region of Proximal Learning; generation; spacing; interleaving; testing

2. Sept 10. Basic memory processes, and history


4. Sept 17. State dependence

5. Sept 19. Attention/working memory 1


Sept 26: Test 1 (Readings 0-6)

7. Oct 1. Memory systems

8. Oct 3. Amnesia


Oct 17: Test 2 (Readings 7-11)

EXAM 2 REVIEW:
POWERPOINT
AUDIO

12. Oct 22 Pathologies that interact with memory, and repression.

13. Oct 24 Selective forgetting : Thought suppression

14. Oct 29. Metacognition 1

15. Oct 31. Metacognition 2
Nov 5: academic holiday

16. Nov 7. False confession and perception of agency

17. Nov 12 Extreme stress: Sensory deprivation, stress and cognitive complexity

Nov 14: Test 3 (Readings 12-17)

REVIEW 3: (please view AND listen if you did not attend!)

Powerpoint
AUDIO
FEEDBACK (from class 11/21)

18. Nov 19: Amygdala, fear & emotion

19. Nov 21: Sapolsky stress homework assignment watch The Eternal Sunshine of the Spotless Mind

20. Nov 26: Sapolsky memory and stress

Nov 28: THANKSGIVING HOLIDAY


Dec 5: Test 4 (Readings 18-21)

***The final exam is cumulative and is scheduled by the university.***

FINAL EXAM *CUMULATIVE
TUESDAY December 17
9am-Noon

Memory and Stress Janet Metcalfe, Professor

In this course we shall investigate human memory, including the effects of stress on memory. Topics investigated include the basis of human memory and the psychological and physiological effects of stress on human memory; a critical examination of the idea that repressed memories that initially occurred under stress may later be uncovered; the role of two different memory systems, one, a 'cool' memory system based in the hippocampus and one, a 'hot' emotional system based in the amygdala, which may have differential roles as a function of stress; post-traumatic stress disorder; the concept of repression itself; attention and the role of stress and arousal; the concept and empirical data related to suggestibility; the relation of source amnesia and confabulation to normal memory; and, an investigation of the implications of memory research in this area to admissibility of evidence in cases of uncovered memories; false confession; the implications of how memory biases decisions.

Students will be expected to participate in an active way in these classes. There will be four term tests, which are non-cumulative, and a two-hour final examination which is cumulative. The evaluation is as follows: 20% for the final exam, 20% for each of four term tests. Students will have the option of replacing the lowest of the four term test grades with the grade achieved on an optional paper, that is due the last day of class. However, no excuses will be accepted for missing any test. If a test is missed it will be assigned a zero, and count as the lowest test which the student may replace by writing the paper. The paper topic must be relevant to the course, and approved by Prof. Metcalfe. Please set up a meeting with her to discuss the specific paper requirements.
This is a topic of current concern both in the field of the academic study of human memory and in the society at large, and the literature and the issues of concern are rapidly evolving.

We will use two books as background plus obligatory source readings that will be posted on Courseworks., to augment the lectures. The books are:
1. Searching for Memory: The Brain, the Mind, and the Past, by Daniel L. Schacter

Professor Metcalfe will be available on Tuesdays at 12, and by appointment.
   Office: 401B Schermerhorn
   Phone: 854-7971
   E-mail: jm348@columbia.edu

Teaching Assistants:
   Barbie J. Huelser, bjh2135@columbia.edu
   Amanda M Howland, amh2248@columbia.edu

Office Hours: TAs will be available before and after tests, will conduct review sessions before each of the tests and final exam, and are available by appointment.