

Types of Long-Term Memory

Types of LTM

Explicit (Declarative LTM)

Easy to put into words
Requires thought

Implicit (Non-Declarative LTM)

Not easy to put into words
Does not require thought

Episodic LTM

A form of LTM for events occurring in an individual's life
Strength of memory is influenced by 1) emotions present at coding, 2) amount of processing at coding
Requires conscious thought

Semantic LTM

A form of LTM for meanings, understanding and general knowledge
Strength of memory is influenced by amount of processing of coding
Better sustained over time than episodic memories
Requires conscious thought

Procedural Memory

A type of LTM for performing specific actions
Does not require conscious thought
Often occurs early in life, e.g. learning to walk
Involved in the unconscious use of language
Other cognitive tasks can be simultaneously performed as no conscious thought is required

Semantic memories often emerge from episodic memories