

## LESSON 14 – LISTENING SECTION 4

### **TAPESCRIP**T

Today, we'll be continuing the series of lectures on memory by \_\_\_\_\_ what is called episodic memory and what can happen if this is \_\_\_\_\_.

\_\_\_\_\_ refers to the memory of an event or 'episode'. Episode memories \_\_\_\_\_ to mentally \_\_\_\_\_ to an event from the past. Episodic memories include various details about these events, for example, \_\_\_\_\_ and other information such as \_\_\_\_\_. To help understand this concept, try to remember the last time you ate dinner at a restaurant. \_\_\_\_\_ where you ate, who were with and the items you ordered are all \_\_\_\_\_.

Episodic memory is \_\_\_\_\_ another type of memory called semantic memory. This is the type of \_\_\_\_\_ that we \_\_\_\_\_ everyone else – that is your general \_\_\_\_\_. To \_\_\_\_\_ a previous example, remembering where you parked your car is an example of episodic memory, but \_\_\_\_\_ what a car is and \_\_\_\_\_ are examples of semantic memory. Unlike episodic memory, semantic memory \_\_\_\_\_ recalling \_\_\_\_\_.

Episodic memory can be thought of \_\_\_\_\_ with several different steps of memory processing: encoding, \_\_\_\_\_ and retrieval.

The \_\_\_\_\_ is called \_\_\_\_\_. This involves the process of receiving and \_\_\_\_\_, which is necessary for creating memories of information depends on \_\_\_\_\_ you give to an event while it's actually happening. \_\_\_\_\_ can make effective encoding very difficult. Encoding of episodic memories is also \_\_\_\_\_ how you \_\_\_\_\_. For example, if you were introduced to someone called Charlie you might \_\_\_\_\_ that your uncle has \_\_\_\_\_. Future \_\_\_\_\_ Charlie's name is much easier if you \_\_\_\_\_ to help you encode it.

Memory consolidation, the next step in forming an episodic memory, is \_\_\_\_\_ memories of encoded information are strengthened, stabilized and stored to \_\_\_\_\_. Consolidation is \_\_\_\_\_ when the information being stored \_\_\_\_\_ an existing \_\_\_\_\_. Consolidation \_\_\_\_\_ for you to store memories for later \_\_\_\_\_. Forming strong memories \_\_\_\_\_ the \_\_\_\_\_. \_\_\_\_\_ you try to retrieve them. Memories \_\_\_\_\_ or become harder to retrieve if they aren't used very often.

The last step in \_\_\_\_\_ is called retrieval, which is the \_\_\_\_\_ of encoded information. Retrieving information from episodic memory \_\_\_\_\_ semantic, olfactory, auditory and visual factors. These help episodic memory retrieval by \_\_\_\_\_. For example, when recalling where you parked your car you may use \_\_\_\_\_ close to where you parked. You actually have to \_\_\_\_\_ to the moment you parked.

There are a wide range of neurological \_\_\_\_\_ that can affect episodic memory. These \_\_\_\_\_ Alzheimer's to schizophrenia to autism. \_\_\_\_\_ episodic memory can have \_\_\_\_\_ individuals' lives. For example, \_\_\_\_\_ schizophrenia can be reasonably well \_\_\_\_\_; however, patients' episodic memory \_\_\_\_\_ and so they are often unable to return to university or work. Recent studies have shown that \_\_\_\_\_ designed to \_\_\_\_\_ can help improve their episodic memory.

Episodic memory can help people connect with others, \_\_\_\_\_ by sharing \_\_\_\_\_ about their past: something \_\_\_\_\_ often have problems with. This may be caused by \_\_\_\_\_ of \_\_\_\_\_. This is \_\_\_\_\_ the storage of episodic memory, and has been found \_\_\_\_\_ children with autism. Research has shown that treatments that improve memory may also have \_\_\_\_\_ children's \_\_\_\_\_.

One study looked at a...

## VOCABULARY

**Translate these following expressions into Vietnamese**

1. focusing on
2. Episodic memory
3. travel back in time
4. features of
5. distinct from
6. factual memory
7. have in common with
8. build upon
9. consolidation
10. encoding
11. process the event
12. Future recollection of
13. have a strategy
14. facilitate later retrieval
15. store memories for
16. retrieval
17. conscious recollection
18. depends upon
19. acting as a prompt
20. An impairment of
21. have a profound effect on
22. the symptoms of
23. controlled by medication
24. computer-assisted games
25. intimate details
26. individuals with autism
27. an absence of a sense of self
28. essential for
29. to be impaired in
30. social development
31. have a positive impact on