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Memory helps make who we are, but how much do we know about memory? Extensive behavioral, neuropsychological, and neuroimaging data indicate that memory is not a unitary system. The encoding, retention, and retrieval of information are achieved by multiple processes supported by dissociable neural substrates. The first part of this talk will focus on how different types of memories are identified and investigated in psychology and cognitive neuroscience. The second part of the talk will introduce some empirical research about memory distortion, intentional forgetting, and educational applications of memory research.

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