

Part 1: Four Different Types of Memory

EXPLICIT MEMORY

A conscious, intentional recollection of factual information, previous experiences and concepts.

SEMANTIC MEMORY

The memory of general knowledge and facts.

EPISODIC MEMORY

The autobiographical memory of an event or experience – including the who, what, and where.

IMPLICIT MEMORY

A recollection acquired and used unconsciously that can affect thoughts and behaviors

PROCEDURAL MEMORY

The memory of how to perform a common task without actively thinking about it.

EMOTIONAL MEMORY

The memory of the emotions you felt during an experience.