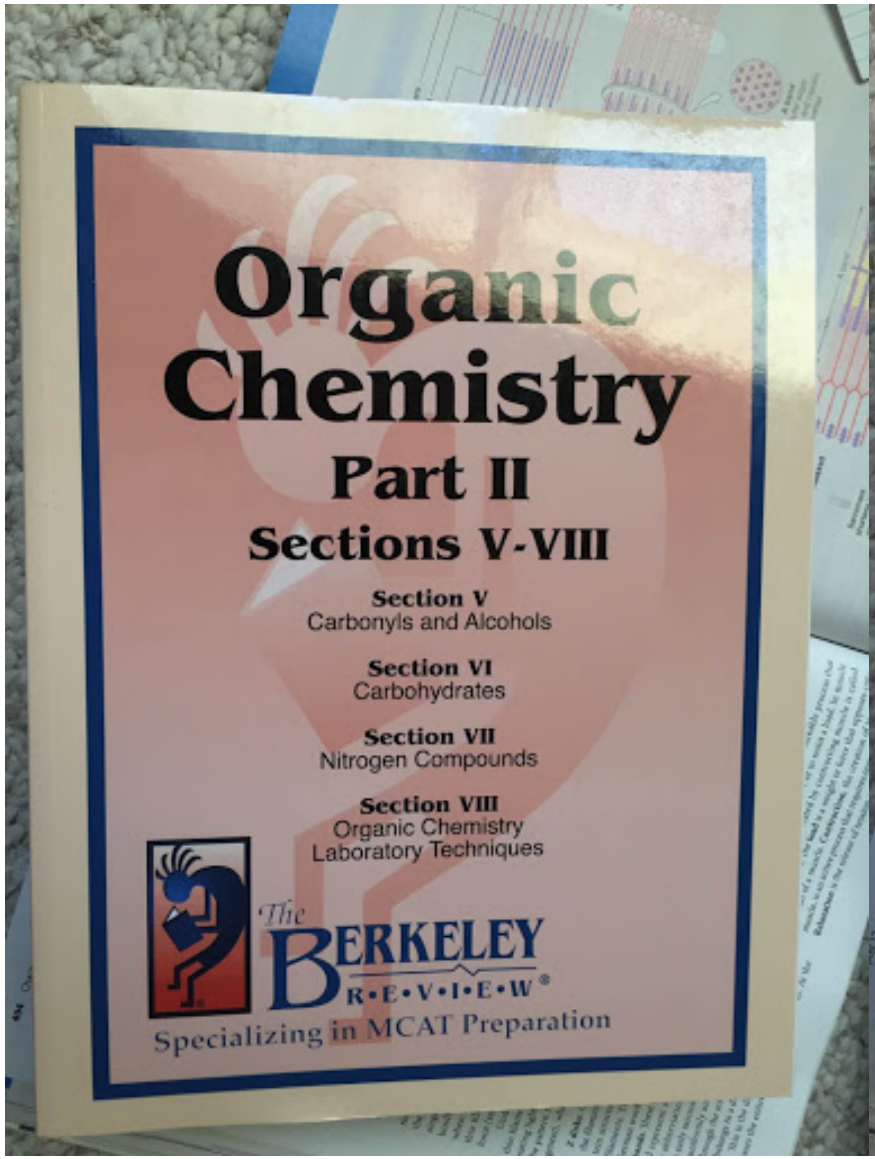
Organic Chemistry
Part II
Sections V-VIII
Section V
Carbonyls and Alcohols
Section VI
Carbohydrates
Section VII
Nitrogen Compounds
Section VIII
Organic Chemistry
Laboratory Techniques
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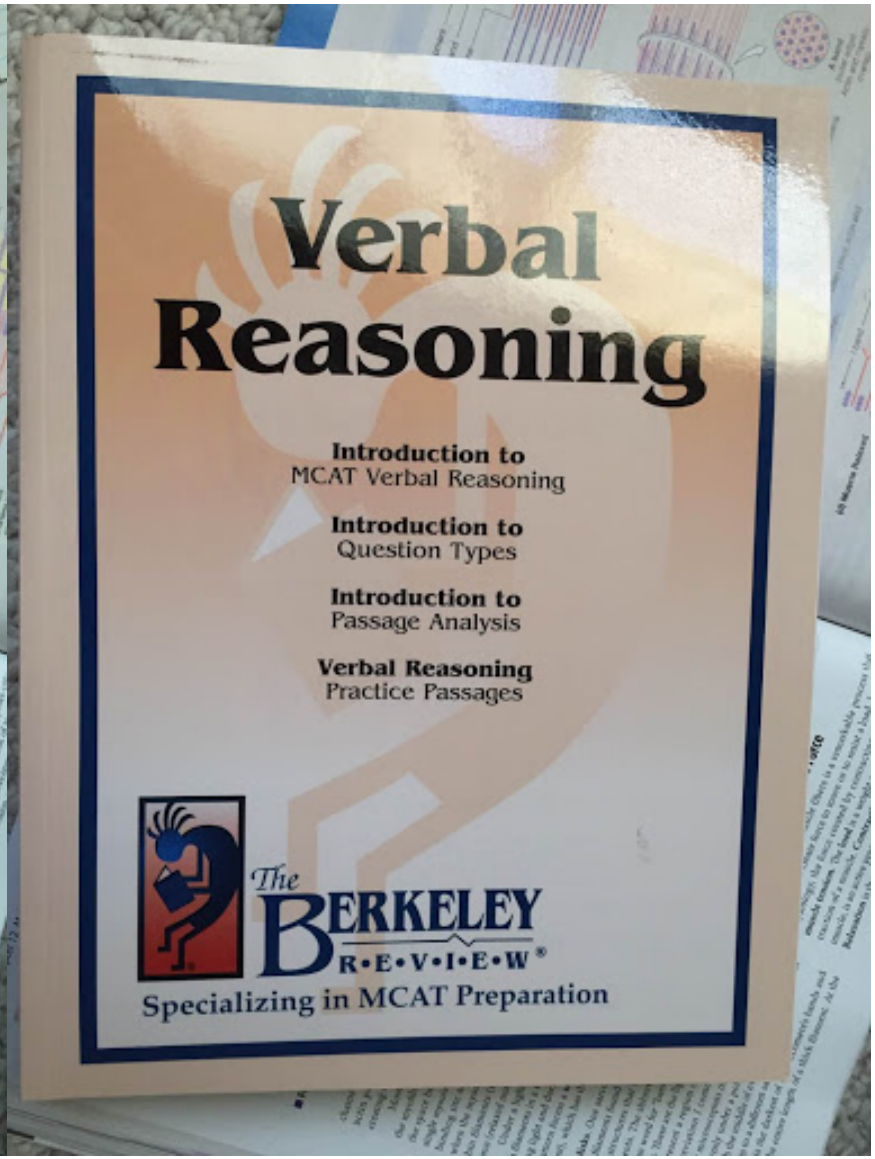
Verbal Reasoning
Introduction to
MCAT Verbal Reasoning
Introduction to
Question Types
Introduction to
Passage Analysis
Verbal Reasoning
Practice Passages
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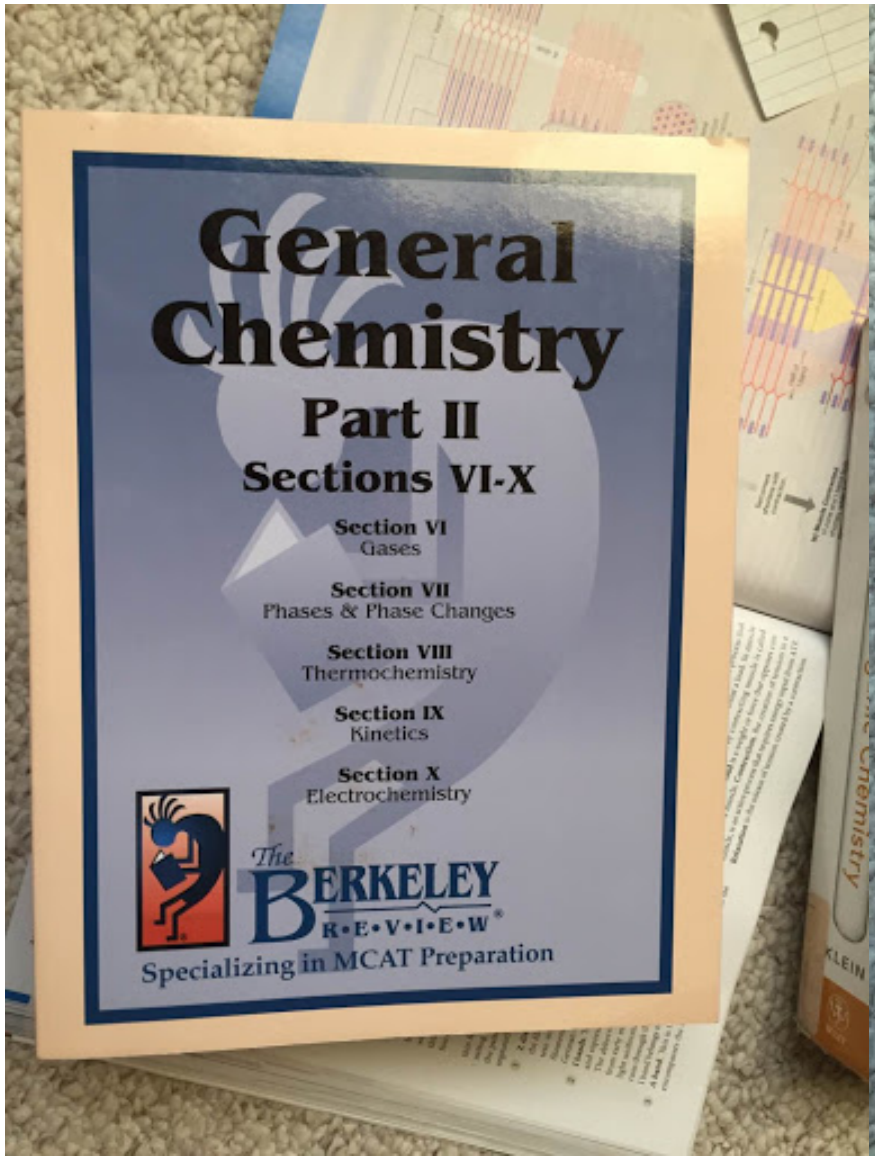
Specializing in MCAT Preparation


General Chemistry
Part II
Sections VI-X
Section VI
Gases
Section VII
Phases & Phase Changes
Section VIII
Thermochemistry
Section IX
Kinetics
Section X
Electrochemistry
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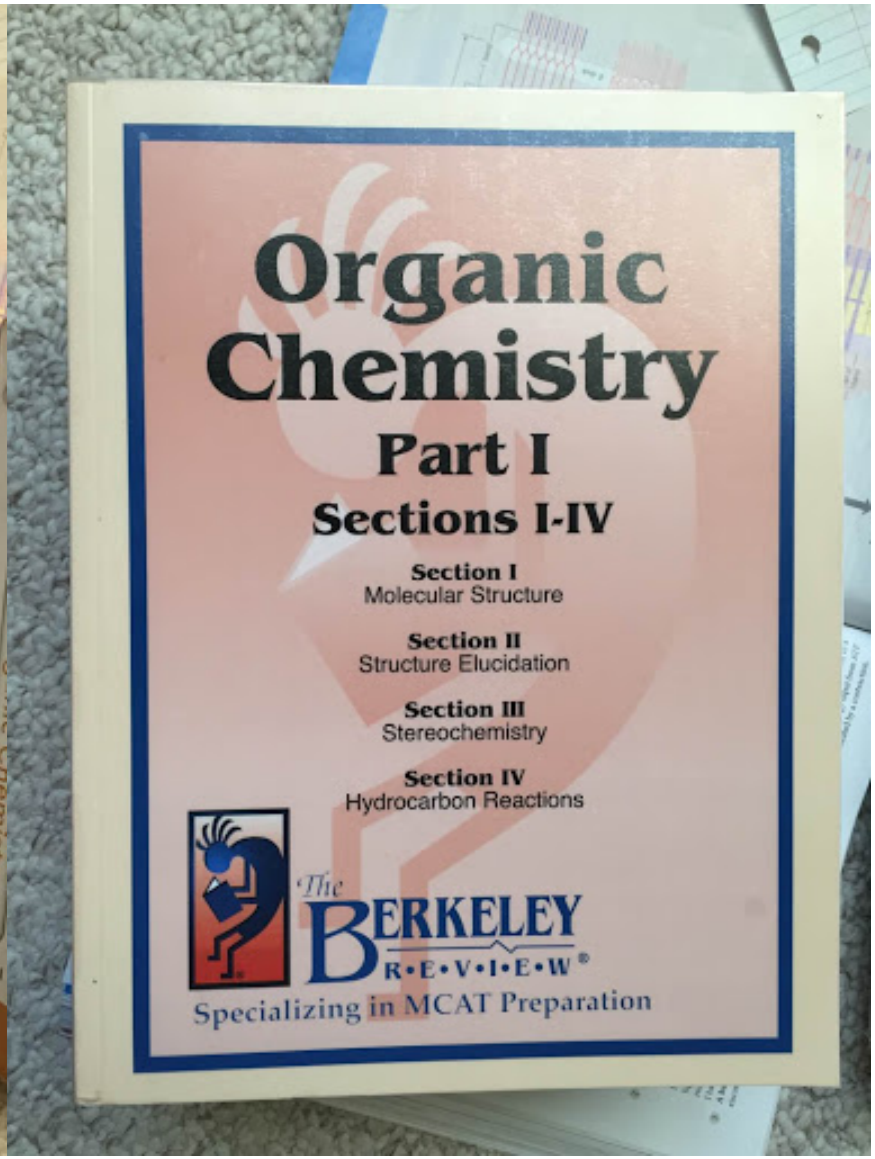
Organic Chemistry
Part I
Sections I-IV
Section I
Molecular Structure
Section II
Structure Elucidation
Section III
Stereochemistry
Section IV
Hydrocarbon Reactions
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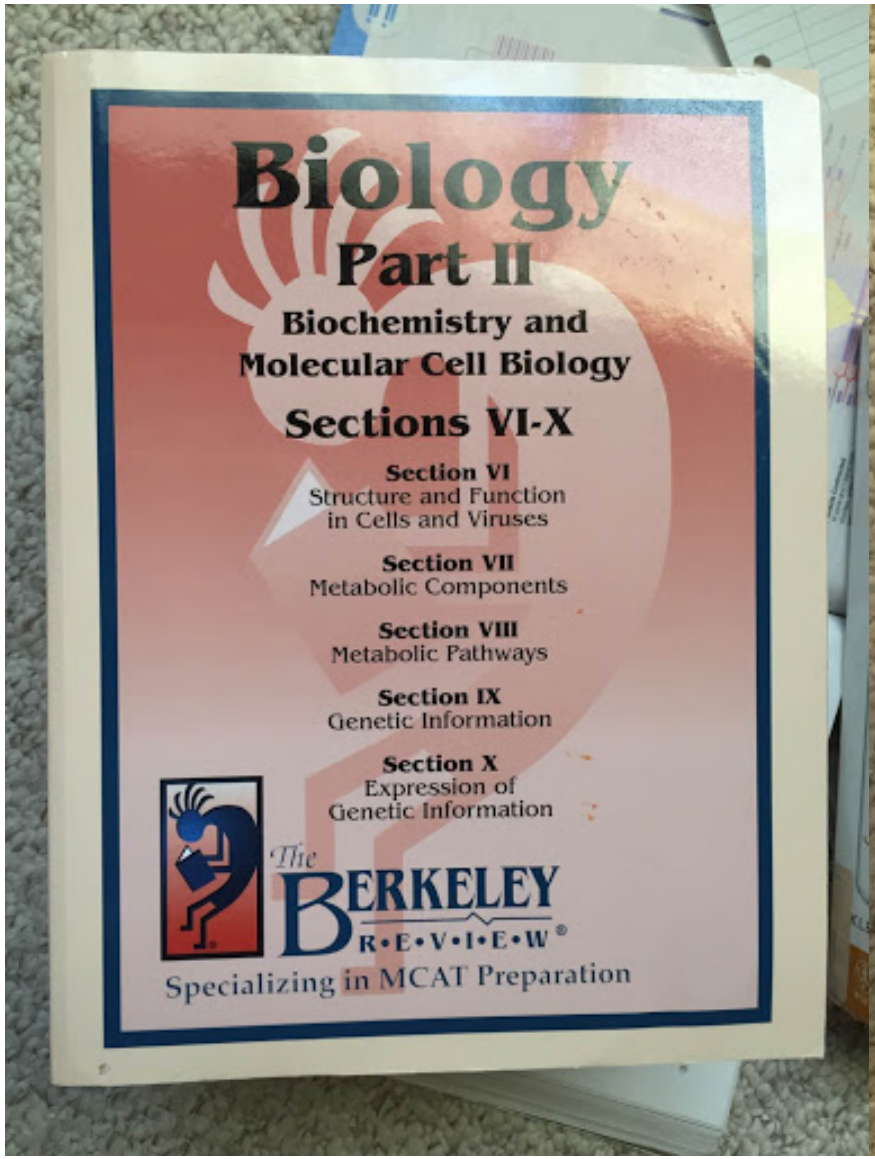
Biology
Part II
Biochemistry and
Molecular Cell Biology
Sections VI-X
Section VI
Structure and Function
in Cells and Viruses
Section VII
Metabolic Components
Section VIII
Metabolic Pathways
Section IX
Genetic Information
Section X
Expression of
Genetic Information
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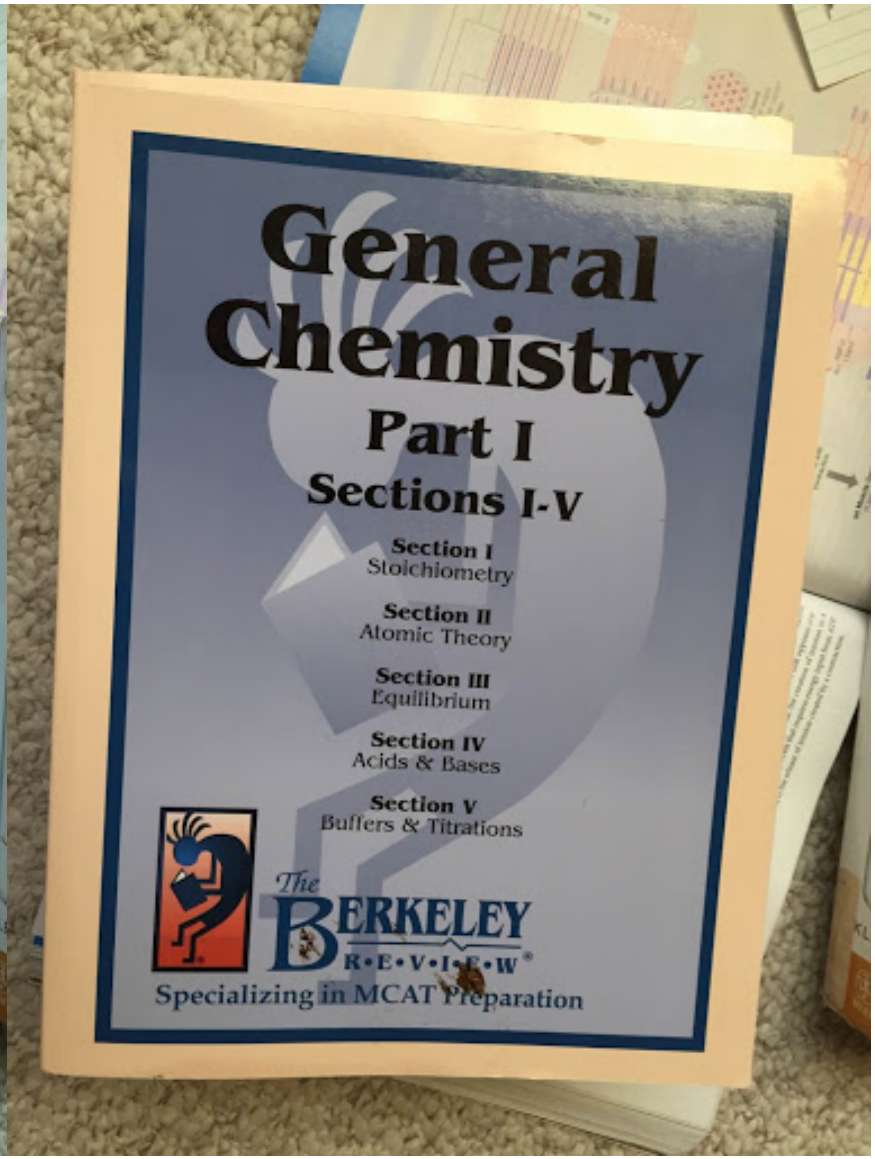
General
Chemistry
Part I
Sections I-V
Section I
Stoichiometry
Section II
Atomic Theory
Section III
Equilibrium
Section IV
Acids & Bases
Section V
Buffers & Titrations
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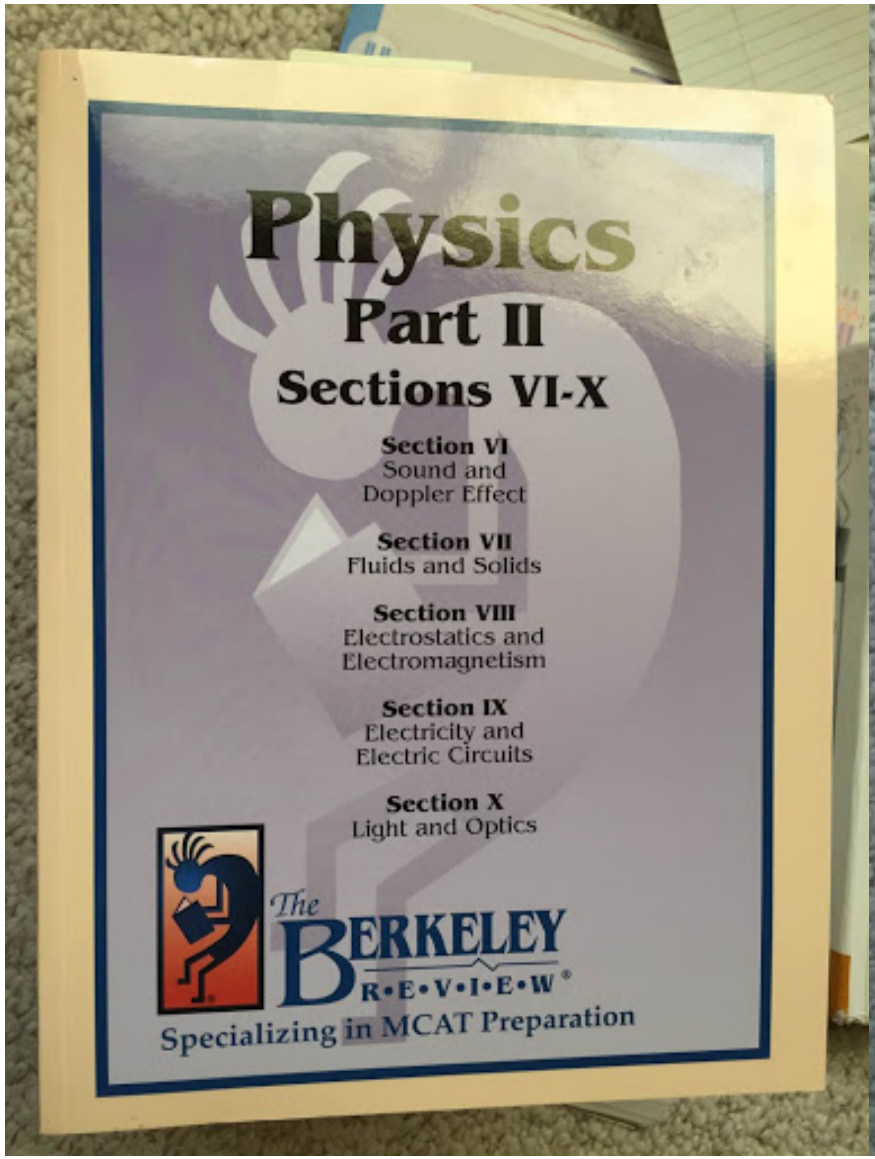
Physics
Part II
Sections VI-X
Section VI
Sound and
Doppler Effect
Section VII
Fluids and Solids
Section VIII
Electrostatics and
Electromagnetism
Section IX
Electricity and
Electric Circuits
Section X
Light and Optics
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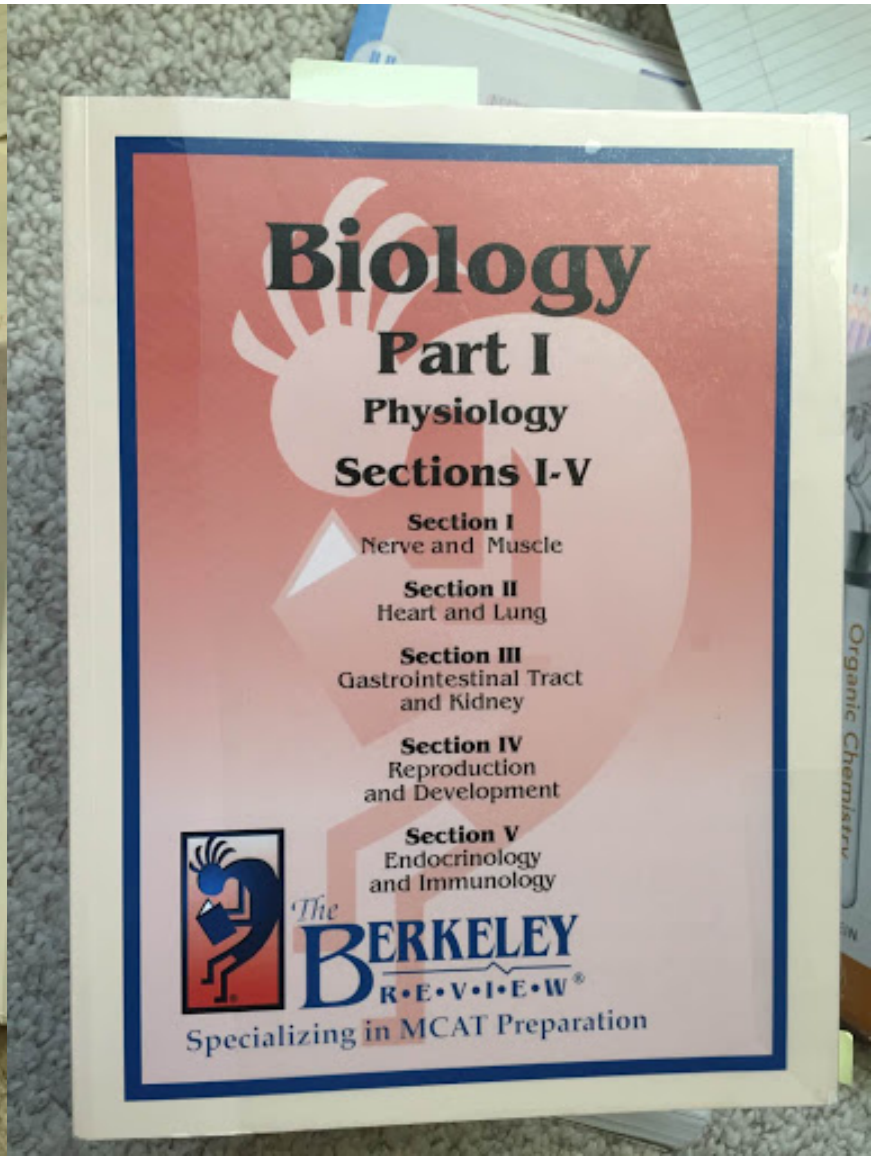
Biology
Part I
Physiology
Sections I-V
Section I
Nerve and Muscle
Section II
Heart and Lung
Section III
Gastrointestinal Tract
and Kidney
Section IV
Reproduction
and Development
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Endocrinology
and Immunology
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Organic Chemistry

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Translational Motion
Section II
Forces, Circular Motion,
and Gravitation
Section III
Work and Energy
Section IV
Momentum and Torque
Section V
Periodic Motion
and Waves
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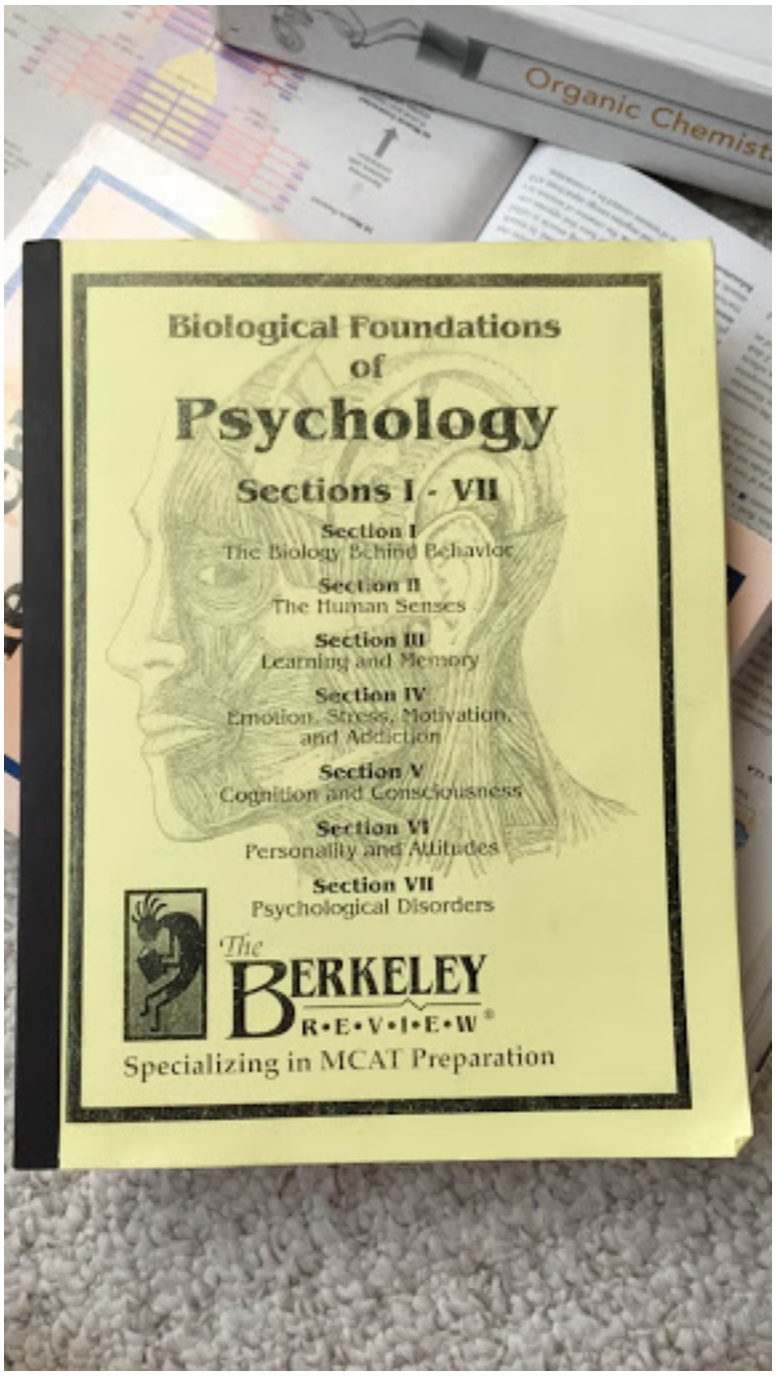
Physics Part I
Physics Part II
Biology Part I Physiology
Biology Part II Biochemistry and Molecular Cell Biology
Organic Chemistry Part I
General Chemistry Part I
General Chemistry Part II
Organic Chemistry Part II
Verbal Reasoning


Organic Chemist
Biological Foundations
of
Psychology
Sections I - VII
Section I
The Biology Behind Behavior
Section II
The Human Senses
Section III
Learning and Memory
Section IV
Emotion, Stress, Motivation,
and Addiction
Section V
Cognition and Consciousness
Section VI
Personality and Attitudes
Section VII
Psychological Disorders
The
BERKELEY
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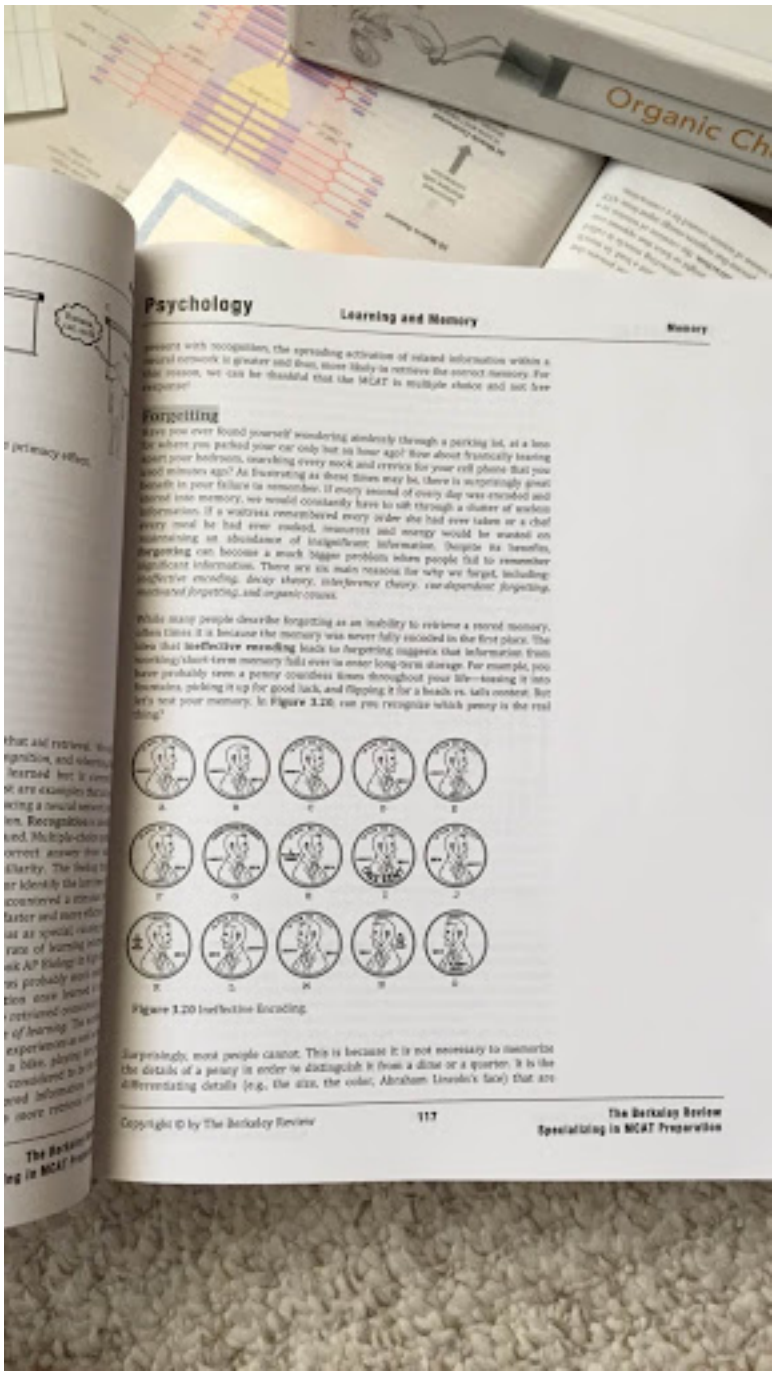


...assert with recognition, the spreading activation of related information within a neural network is greater and thus, more likely to retrieve the correct memory. For that reason, we can be thankful that the MCAT is multiple choice and not free response!

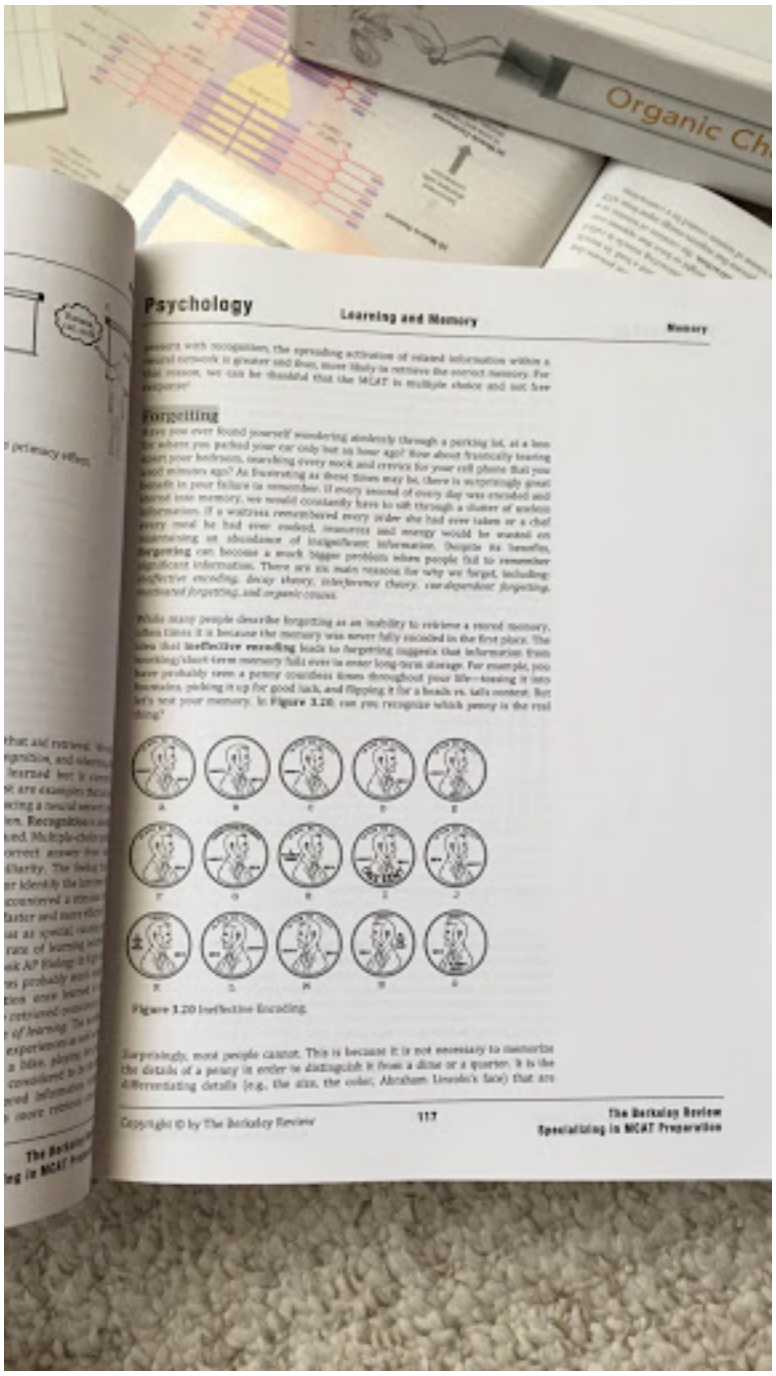
Forgetting

Have you ever found yourself wandering aimlessly through a parking lot, at a loss for where you parked your car only but an hour ago? How about hysterically tearing apart your bedroom, searching every nook and cranny for your cell phone that you used minutes ago? As frustrating as these times may be, there is surprisingly great benefit in your failure to remember. If every second of every day was encoded and stored into memory, we would constantly have to sift through a clutter of useless information. If a waitress remembered every order she had ever taken or a chef every meal he had ever cooked, resources and energy would be wasted on maintaining an abundance of insignificant information. Despite its benefits, **forgetting** can become a much bigger problem when people fail to remember significant information. There are six main reasons for why we forget, including: *ineffective encoding, decay theory, interference theory, cue-dependent forgetting, motivated forgetting, and organic causes.*

While many people describe forgetting as an inability to retrieve a stored memory, often times it is because the memory was never fully encoded in the first place. The idea that **ineffective encoding** leads to *forgetting* suggests that information from working/short-term memory fails ever to enter long-term storage. For example, you have probably seen a penny countless times throughout your life—tossing it into fountains, picking it up for good luck, and flipping it for a heads vs. tails contest. But let's test your memory. In **Figure 3.20**, can you recognize which *penny* is the real thing?

Figure 3.20 Ineffective Encoding

Surprisingly, most people cannot. This is because it is not necessary to memorize the details of a penny in order to distinguish it from a dime or a quarter. It is the differentiating details (e.g., the size, the color, Abraham Lincoln's face) that are



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