

NEW CED – MEMORY PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE

<https://newcedmemory.examzify.com>



Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	15

SAMPLE

Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

SAMPLE

- 1. Procedural memory supports skills and habits. Which is an example?**
 - A. Remembering a phone number.
 - B. Recalling a recent birthday.
 - C. Riding a bicycle.
 - D. Naming a dog.
- 2. Which term refers to using a sequence of familiar locations to remember items?**
 - A. Method of loci
 - B. Misinformation effect
 - C. Massed practice
 - D. State-dependent memory
- 3. The unconscious and effortless process of encoding information such as space, time, and frequency is known as which?**
 - A. Automatic Processing
 - B. Central Executive
 - C. Chunking
 - D. Acoustic Encoding
- 4. A memory aid, especially those techniques that use vivid imagery and organizational devices.**
 - A. Mnemonic device
 - B. Procedural memory
 - C. Episodic memory
 - D. Semantic memory
- 5. Which memory type involves the recollection of ideas, concepts, and facts that are not tied to personal experiences?**
 - A. Semantic memory
 - B. Episodic memory
 - C. Procedural memory
 - D. Working memory

- 6. The California Verbal Learning Test (CVLT-II) principally measures which aspect of memory?**
- A. Verbal learning and memory.
 - B. Visual-spatial memory.
 - C. Working memory.
 - D. Emotional memory.
- 7. Which term best describes memory improvement that occurs because information is retrieved rather than restudied?**
- A. Testing effect
 - B. Retrieval-induced enhancement
 - C. Practice testing
 - D. Restudy effect
- 8. Which term describes the storage process where short-term memories become long-term memories?**
- A. Memory consolidation
 - B. Mnemonic device
 - C. Constructive memory
 - D. Mood-congruent memory
- 9. What is the typical capacity of short-term memory?**
- A. About 2 to 4 items.
 - B. About 5 to 9 items.
 - C. About 15 to 20 items.
 - D. Unlimited capacity.
- 10. Which scenario illustrates encoding specificity at work?**
- A. Recall is unaffected by context.
 - B. Recall improves with greater general cues.
 - C. Recall is best when encoding and retrieval contexts match.
 - D. Recall is best when encoding and retrieval contexts match, such as encoding underwater and retrieval underwater.

Answers

SAMPLE

1. C
2. A
3. A
4. A
5. A
6. A
7. A
8. A
9. B
10. D

SAMPLE

Explanations

SAMPLE

1. Procedural memory supports skills and habits. Which is an example?

- A. Remembering a phone number.
- B. Recalling a recent birthday.
- C. Riding a bicycle.**
- D. Naming a dog.

Procedural memory stores how to perform actions and routines that become automatic through practice. Riding a bicycle is a classic example because after training, you can balance, pedal, steer, and brake without consciously recalling facts or events—you're executing a learned motor skill. This contrasts with items like remembering a phone number or recalling a recent birthday, which rely on declarative memory and involve consciously retrieving factual information or personal experiences. Naming a dog taps into vocabulary knowledge, also a form of explicit memory rather than a learned, automatic skill. So the best example of procedural memory is riding a bicycle.

2. Which term refers to using a sequence of familiar locations to remember items?

- A. Method of loci**
- B. Misinformation effect
- C. Massed practice
- D. State-dependent memory

Using a sequence of familiar locations to remember items is a mnemonic technique called the method of loci (memory palace). The idea is to leverage our strong spatial memory by imagining a route through a place you know well—like your home or a familiar street—and placing each item you want to remember at a specific location along that route. When you need to recall the items, you mentally walk through the path and retrieve each item from its spot. This creates vivid, distinctive cues and logical connections between items, making recall smoother and more reliable. The other options describe different memory phenomena: the misinformation effect is about distorted memories from misleading information, massed practice is a study method with tightly packed sessions, and state-dependent memory involves better recall when the retrieval state matches the encoding state.

3. The unconscious and effortless process of encoding information such as space, time, and frequency is known as which?

- A. Automatic Processing**
- B. Central Executive
- C. Chunking
- D. Acoustic Encoding

Automatic processing describes the unconscious, effortless encoding of information such as space, time, and frequency. It happens without you trying, letting you notice where things are, when events occur, and how often they happen while your attention is free for other tasks. This contrasts with deliberate, effortful processing that requires focused attention. For example, you usually don't have to think about the layout of a familiar room or the sequence of daily events—you just know it. The other terms refer to different ideas: the central executive is the attention- and control-drawing part of working memory; chunking is a strategy to expand short-term memory by grouping items; acoustic encoding is encoding information as sound.

4. A memory aid, especially those techniques that use vivid imagery and organizational devices.

A. Mnemonic device

B. Procedural memory

C. Episodic memory

D. Semantic memory

Mnemonic devices are memory aids that use vivid imagery and organized structures to help you remember information. They work by creating strong retrieval cues—linking new material to memorable pictures, sequences, or groupings, like imagining items along a familiar route (memory palace), turning items into a vivid scene, or forming acronyms and chunked lists. This approach targets how you encode and retrieve information, making lists, numbers, or terms easier to recall. The other options describe types of memory themselves rather than techniques to aid memory: procedural memory is about how to perform skills, episodic memory is about personal experiences, and semantic memory is about general knowledge.

5. Which memory type involves the recollection of ideas, concepts, and facts that are not tied to personal experiences?

A. Semantic memory

B. Episodic memory

C. Procedural memory

D. Working memory

Recollection of ideas, concepts, and facts not tied to personal experiences describes semantic memory. This part of long-term memory stores general knowledge about the world—meanings of words, concepts, capital cities, math facts, and other information you can recall without referencing a specific event or time. It's a form of declarative (explicit) memory, distinct from episodic memory, which is about personal experiences and the context in which they occurred. Procedural memory covers skills and how-to knowledge (like riding a bike), while working memory is about holding and manipulating information in the short term. So the description fits semantic memory because it centers on general knowledge detached from your own life history.

6. The California Verbal Learning Test (CVLT-II) principally measures which aspect of memory?

A. Verbal learning and memory.

B. Visual-spatial memory.

C. Working memory.

D. Emotional memory.

The main thing being tested is verbal learning and memory—the ability to learn, encode, and retrieve new verbal information after repeated exposure. The CVLT-II uses a list of spoken words and tracks how well someone learns across multiple trials, how quickly they form and retrieve the verbal memories, and how they perform after a delay (including free recall and recognition). This focus on learning and recalling verbal material distinguishes it from tests of visual-spatial memory (which use figures or designs), working memory (which emphasizes holding and manipulating information in real time), or emotional memory (which involves memory for emotionally charged material). So the test is specifically designed to assess verbal memory processes, making it the best choice.

7. Which term best describes memory improvement that occurs because information is retrieved rather than restudied?

- A. Testing effect**
- B. Retrieval-induced enhancement
- C. Practice testing
- D. Restudy effect

Retrieval-based learning strengthens memory when you actively recall information, not just re-read it. This boost is known as the testing effect: practicing retrieval makes the memory trace more durable and the retrieval cues more effective, so you're more likely to remember the information later. The act of recalling also helps identify gaps in your knowledge, guiding future study and making future retrieval easier. While some texts use "practice testing" to describe the same idea, the standard, widely accepted term for the general phenomenon is the testing effect. The restudy effect is the opposite—memory improves more from restudying than from retrieval—so it doesn't fit this scenario. Retrieval-induced enhancement is related but refers to how retrieving some items can strengthen related ones, not the broad benefit of retrieving over restudying.

8. Which term describes the storage process where short-term memories become long-term memories?

- A. Memory consolidation**
- B. Mnemonic device
- C. Constructive memory
- D. Mood-congruent memory

Memory consolidation is the process by which fragile, newly formed memories are stabilized and integrated into long-term storage. In the early stage, the hippocampus helps bind details into a coherent trace, and with time—especially during sleep—repeated reactivation strengthens the memory and gradually transfers it to cortical networks, making it durable and less hippocampus-dependent. This explains why some memories persist long after learning. Mnemonic devices are techniques to aid encoding and retrieval, not the storage step itself. Constructive memory refers to how recall can be shaped by existing beliefs and knowledge, sometimes altering details. Mood-congruent memory describes how mood can bias retrieval, not how memories are stored.

9. What is the typical capacity of short-term memory?

- A. About 2 to 4 items.
- B. About 5 to 9 items.**
- C. About 15 to 20 items.
- D. Unlimited capacity.

Short-term memory can hold only a small amount of information at once while you're working with it. The typical limit is about five to nine items, a range often summarized as seven plus or minus two. This reflects the number of discrete units you can actively maintain before it starts to fade or you need to rehearse it to keep it. How you group information matters: by chunking related items into a single meaningful unit (like turning a string of digits into a familiar date or code), you can effectively increase how much you can handle at once. So the standard takeaway is that short-term memory sits around five to nine items, not unlimited and not as low as two to four or as high as fifteen to twenty.

10. Which scenario illustrates encoding specificity at work?

- A. Recall is unaffected by context.
- B. Recall improves with greater general cues.
- C. Recall is best when encoding and retrieval contexts match.
- D. Recall is best when encoding and retrieval contexts match, such as encoding underwater and retrieval underwater.**

Encoding specificity is the idea that memory retrieval is enhanced when the cues available at recall match the cues present when the memory was formed. The best choice shows this with a concrete example: recall is strongest when the retrieval context mirrors the encoding context, such as being underwater at both encoding and retrieval. This explicit match provides the exact cues the memory relied on, making retrieval more efficient. The more general statement that matching contexts helps is true, but the underwater example clearly demonstrates how specific environmental cues tied to encoding become powerful triggers at recall. The ideas that context doesn't matter or that only broad cues help miss how the effectiveness of retrieval hinges on the exact overlap between encoding and retrieval cues.

SAMPLE

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://newcedmemory.examzify.com>

We wish you the very best on your exam journey. You've got this!

SAMPLE