

information for short periods with relatively little processing. It is a unitary system. This

means it is a single system (or store) without any subsystems, but the participants were able to recall both. Hence Baddeley and Hitch argued the existence of a “working memory”.

Working memory is a multi-component system (auditory, and visual), whereas short-term memory can only hold information, working memory can both retain and process information. They proposed that working memory consists of three components, central executive, phonological loop, and visuospatial sketch pad.

The central executive chooses which information will be operating on, when, and how, in simple words, it directs the flow of information. This functions more as an attentional system than a memory store which means that the central executive administers the resources needed for cognitive tasks. It coordinates the information with the retrieval of information about the past which helps people to use this information to select options.

The phonological loop maintains Verbal information. It consists of two structures: Short-term phonological buffer, which holds the verbal information for shorter periods. A subvocal rehearsal loop is used to prevent the rapid decay of information in the phonological loop. The basic idea of this is when people initially encounter verbal information, they translate it into some kind of auditory code and process using a phonological loop.

The visuospatial sketchpad (inner eye) deals with visual and spatial information. Visual information refers to what things look like. The visuospatial sketchpad likely plays an important role in helping us keep track of where we are about other objects as we move through our environment (Baddeley, 1997).

A fourth component was added by Baddeley to the model called the **Episodic buffer**. It is required when remembering specific events from the past. It links information across visual, spatial, and verbal domains and arranges various information in chronological order.