

EFFORTFUL PROCESSING

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Introduction

Effortful processing is a cognitive process that requires the individual to actively engage and concentrate in order to learn or retain information. This type of processing is commonly associated with the encoding of memories and occurs when the learner is motivated to remember the material. It is believed that effortful processing is an important factor in successful learning as it allows the individual to commit the material to long-term memory and recall it later. This article will discuss the concept of effortful processing and its implications for learning and memory.

Definition

Effortful processing is defined as the active engagement of a learner in order to encode information into their long-term memory (Mangels et al., 2001). This type of processing requires the individual to be motivated and to consciously allocate their attention towards the material. It is thought to be different from shallow or automatic processing, which involves the individual simply attending to the material without any further effort (Groome & D'Mello, 2007). As such, effortful processing is believed to be more effective in terms of learning and retaining information.

Characteristics

Effortful processing is characterized by a number of different cognitive processes. These include the use of rehearsal strategies, the use of organizational strategies, and the use of elaborative strategies (Mangels et al., 2001). Rehearsal strategies involve the repetition of the material in order to commit it to memory. Organizational strategies involve the organization of material into meaningful chunks, which can help the learner to remember it more easily. Elaborative strategies involve the formation of connections between new material and existing knowledge, which can help to enhance memory retention.

Implications for Learning and Memory

Effortful processing is believed to be an important factor in successful learning and memory. It is thought to allow the individual to commit information to long-term memory, which can then be retrieved and used in the future (Groome & D'Mello, 2007). This type of processing is also believed to be more effective than shallow or automatic processing, as it requires the individual to actively engage with the material and concentrate on the task at hand.

Conclusion

In conclusion, effortful processing is a cognitive process that requires the individual to actively engage with the material in order to learn and retain information. It is characterized by a number of different cognitive processes, including the use of rehearsal, organizational, and elaborative strategies. Effortful processing is believed to be an important factor in successful learning and memory, as it allows the individual to commit information to long-term memory and recall it later.

References

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