

## Remembering, Misremembering, and Forgetting

The Remembering, Misremembering, and Forgetting reading assignment introduces student to our memories. [Daniel Schacter\[1\]](#) spent his life studying memory. ~~It is believed that~~ Human memory systems evolved through natural selection, but the same mechanisms can cause memory failures. [Daniel Schacter\[1\]](#) called it “~~seven sins of memory[2].~~” ~~(need apa citation)~~ These maladaptive sins stem from adaptive memory processes that can go awry. Human memory is temporary and flooded with irrelevant information. [Forgetting or the inability to remember\[3\]](#) plays a key role in memory. ~~The~~ Rate of forgetting follows a standard pattern. ~~[Understanding that pattern can be useful in all aspects of life, especially when in college and attempting to prepare for examinations]; with rapid initial loss of information followed by more gradual later decline.~~ [Hermann Ebbinghaus\[4\]](#) was ~~the~~ researcher. ~~give me a little biographical info here and cite where it came from,~~ who studied the relationship between memory decline ~~[wc; do you really want to use this word/term?]~~ and length of time between learning and retrieval. It is called the [forgetting curve\[5\]](#), memory over a time period such as month or years ~~[add more time references, weeks, days].~~

### How long is [long-term memory\[6\]](#)?

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~~[To best access the info in LTM you must...]~~ You must have stored information in your [long-term memory\[6\]](#) and must use the information; if not, it will be hard to retrieve in the future. The role of [availability\[7\]](#) of information is to be able to still have it. The role of [accessibility\[8\]](#) is to ~~[wc]~~ ease in retrieval of a memory. An example of this ~~that many people can likely relate to~~ is [tip-of-tongue phenomenon\[9\]](#). ~~This is~~ when information is available ~~and the individual is well aware that they know the information,~~ but ~~it is currently~~ inaccessible. As an adult you ~~might~~ remember ~~a particular~~ childhood friend; however, at the moment of rehashing or telling this particular childhood story, ~~but~~ you ~~may~~ not be able to remember ~~the name of your childhood friend.~~ You might even remember that you met him or her at ~~the trainstation~~ last year and had a great dialogue, exchanged numbers, and can recall the college they are currently attending. However, at that particular moment you cannot recall his or her name, ~~every event that happened in the past.~~

### How accurate is [long-term memory\[10\]](#)?

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[Distortion in memory\[11\]](#) accounts for a variety of errors and biases, ~~[new sentence]~~ which can be affected by emotional factors. ~~[Expand on how emotional factors can distort memories]~~ [Flashbulb memories\[12\]](#) ~~evoke~~ ~~vivid memories of exciting or highly consequential events that~~ can be so clear and vivid we can think that they are totally accurate. ~~[Research evidence suggest otherwise; expand]~~ [Eyewitness Testimony Experiment\[13\]](#) explored the accuracy of eyewitness testimony and found that small changes in a question can change what the witness will remember ~~(need apa citation here).~~ ~~Expand on and provide an example~~

### Why do people forget?

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The fact is that memories fades[vt] over long periods of time. [Set the stage for the reader that following are several theories of forgetting] The Decay theory[14] explains that forgetting results from a memory fading trace[switch order]. According to this theory. The potential for remembering is the neural circuits that are activated and are later reactivated.

The Interference Theory[15] is the intrusion of similar memories on each other which may cause confusion. For example, you may be learning one thing that leads to other memories. The Proactive inference[16] occurs when stored information gets in the way of new information. The Retroactive interference[17] is the opposite: new information interferes with the old information.

~~Forgetting for a reason is called~~The last theory of forgetting discussed in this reading assignment is that of Motivated forgetting[18] [ns] individuals may be exposed to information that endangered their well-being. In these cases forgetting may be motivated to protect the individual. Childhood abuse by a caregiver is an example.

Definitions Table

1.Textbook	Daniel Schacter is best defined as the person who study memories	
Wikipedia	Daniel Schacter research has focused on psychological and biological aspects of human memory and amnesia, with a particular emphasis on the distinction between conscious and nonconscious forms of memory and, more recently, on brain mechanisms of memory distortion	Preferred
worldsciencefestival.com	Daniel Schacter has published over 350 articles and chapters exploring the relation between conscious and unconscious memory, the nature of memory distortions, how individuals use memory to imagine the future, and the effects of aging on memory	
2.Textbook	Seven sins of memory is best defined as transience, absent-mindedness, misattribution, suggestibility, bias, and persistence	
Wikipedia	Seven sins of memory are transience, absent-mindedness, blocking, misattribution, suggestibility, bias, and persistence. The first three are described as sins of omission, since the result is a failure to recall an idea, fact, or event. The other four sins (misattribution, suggestibility, bias, and persistence) are sins of commission, meaning that there is a form of memory present, but it is not of the desired fidelity or the desired fact, event, or ideas.	Preferred
spring.org	Professor Daniel L. Schacter has classified memory's slips, ambiguities and downright lies into the 'seven sins of memory': transience, absent-mindedness, blocking, misattribution, suggestibility, bias and persistence	
3.Textbook	Forgetting or the inability to remember is best defined as the inability to retrieve memories	Preferred
Wikipedia	Forgetting refers to apparent loss of information already encoded and stored in an individual's long term memory	
thefreedictionary.com	Forgetting is best defined to be unable to remember	
4. Textbook	Hermann Ebbinghaus is best defined as the psychologist who study the forgetting curve	
Wikipedia	Hermann Ebbinghaus was a German psychologist who pioneered the experimental study of memory, and is known for his discovery of the forgetting curve and the spacing effect	Preferred
thefreedictionary.com	Hermann Ebbinghaus was also the first person to describe the learning curve	
5. Textbook	Long-term Memory is best defined as memory for facts, images, thought, feelings, skills, and experience that may last as long as a lifetime	Preferred
Wikipedia	Long-term Memory associations among items are stored, as part of the theory of a dual-store memory model. The division of long term and short term memory has been supported by several double dissociation experiments	
About.com	Long-term Memory refers to the continuing storage of information	
6. Textbook	Availability is best defined as information in memory	
Wikipedia	The availability is a mental shortcut that occurs when people make judgments about the probability of events by the ease with which examples come to mind	Preferred
About.com	The availability is a mental shortcut that relies on immediate examples that come to mind.	

7. Textbook	Accessibility is best defined as the ease with which it can be retrieved	
Wikipedia	Accessibility heuristic states that TOTs are elicited by the quantity and strength of the information that is retrieved from memory when the target word itself is not	
answers.yahoo.com	Accessibility is about how well you can get at that memory, which is generally easier when prompted (e.g. cued recall - when you remember words given in pairs, remembering one makes you more likely to remember the other) as opposed to free recall (e.g. just recalling a list of words	Preferred
8. Textbook	Tip-of-the tongue phenomenon is best defined as the experience in which people attempting but failing to recall information from memory know the information is in there but are not quite able to retrieve it	Preferred
Wikipedia	Tip-of-the-tongue phenomenon is the failure to retrieve a word from memory, combined with partial recall and the feeling that retrieval is imminent	
faculty.mercer.edu	Tip-of-the-tongue feeling that you have when you know the word, for which you are searching, but you cannot recall it; the word is at the tip of your tongue	
9. Textbook	Flashbulb memories is best defined as the especially vivid memories of exciting or highly consequential events	
Wikipedia	Flash memories is a highly detailed, exceptionally vivid 'snapshot' of the moment and circumstances in which a piece of surprising and consequential (or emotionally arousing) news was heard	
www.alleydog.com	Flashbulb memories are the sudden onset of a clear memory of an emotionally significant moment or event.	Preferred
10. Textbook	Eyewitness Testimony Experiment was an experimenter is asks subjects specific questions about the scene or contradicting what participants saw.	
Wikipedia	Eyewitness Testimony Experiment is best defined as the detailed account a bystander gives in the courtroom, describing what they perceived happened during the specific incident under investigation	Preferred
dictionary.reference.com	Eyewitness Testimony Experiment a person who actually sees some act, occurrence, or thing and can give a firsthand account of it	
11. Textbook	Distortion in memory is the impact of motivation and emotion on memory	
Wikipedia	Hindsight bias has similarities to other memory distortions such as misinformation effect and false autobiographical memory	
wiki.answers.com	Distortion in memory it is like amnesia but u remember little bits here and there	Preferred
12. Textbook	Decay Theory is best defined as forgetting as a result of a fading memory trace	
Wikipedia	Decay Theory proposes that memory fades due to the mere passage of time	
www.answers.com	Decay Theory is a model of forgetting which assumes that memories fade and will gradually be lost if they are not occasionally refreshed.	Preferred

13. Textbook	Interference Theory is best defined as the intrusion of similar memories on one another	
Wikipedia	Interference Theory is theory regarding human memory.	
www.answers.com	Interference Theory is the concept that forgetting occurs when one memory replaces or becomes confused with another memory	Preferred
<b>14. Textbook</b>		
	Proactive interference is best defined as the interference of previously stored memories with the retrieval of new information	Preferred
Wikipedia	Proactive interference is the "forgetting [of information] due to interference from the traces of events or learning that occurred prior to the materials to be remembered	
www.answers.com	Proactive interference is the situation in which old memories inhibit the learning of new memories.	
<b>15. Textbook</b>		
	Retroactive interference is best defined as the interference of new information with the retrieval of old information	
Wikipedia	Retroactive interference (RI) is a phenomenon that occurs when newly learned information interferes with and impedes the recall of previously learned information	Preferred
www.answers.com	Type of interference in which information that is learned later interferes with information that was learned earlier.	
<b>16. Textbook</b>		
	Motivated forgetting is best defined as forgetting for a reason which leads to inhibition of retrieval	Preferred
Wikipedia	Motivated forgetting is a debated concept referring to a psychological defense mechanism in which people forget unwanted memories, either consciously or unconsciously	
www.answers.com	Motivated forgetting is such as by repression, activated by the needs of the individual	
<b>17. Textbook</b>		
	Forgetting curve is the relation between memory decline and length of time between learning and retrieval is logarithmic and hence predictable by a very precise mathematical function	Preferred
Wikipedia	Forgetting curve hypothesizes the decline of memory retention in time	
www.answers.com	Forgetting curve purports to show that humans tend to halve their memory of newly learned knowledge in a matter of days or weeks unless they consciously review the learned material	