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1.

Serotonin, acetylcholine, dopamine, glutamate, and epinephrine are neurotransmitters that play a role in memory consolidation. They help neurons communicate with each other which help people create new memories. A continuous cycle of neuron activity influences an elevated amount of neurotransmitters in the synapses with more effective synaptic networking.

2.

Amnesia is the extinction of long-term memory.

Anterograde amnesia is when a person is not able to remember novel material even though they can remember information and situations that occurred before their head injury. For instance, they can remember their address from the house they grew up in, but would not be able to remember someone's name they met after an injury. This happens because the hippocampus has been damaged, which makes it impossible for them to shift data from their short-term to long-term memory.

Retrograde amnesia has the opposite effect. People are not able to remember episodic memories that happened before their head injury. This is the type of amnesia that is the most displayed in movies and tv shows.

5.

Proactive interference is the inability to remember and recall present and future things, because old memory is stopping people from doing so. For instance, an old address that you lived in for

an extended period of time, might hinder a person from remembering their new address. The same goes with a new cell phone number.

Retroactive interference has the opposite effect. New material gets in the way of recalling older information. For instance, learning a new password for a website, might get in the way of remembering a previous password for the same website or a different one. This can be very frustrating, especially if you have 5 or more passwords that you need to remember for different websites.

6.

Arousal theory is the idea that mighty feelings spark the data of mighty memories, and feeble emotional encounters form feeble memories. Our recollection for a strong event is typically better than our memory for a weaker one. An example of this would be my wedding day, compared to one of my friend's wedding days. I will be able to remember a lot more of my own wedding day, because there were a lot more powerful and direct emotions that influenced me in comparison to a wedding I only attended for one of my friends.

7.

The amygdala is one part of the brain that helps individuals to consolidate their memories. This area guides the encoding process of new information into long-term memories through deeper understanding, especially when an occurrence is emotionally arousing.

The hippocampus helps people in their explicit memory for recognition, memory fusion, and spatial memory. This area also acts as a control center that provides meaning to memories and interlocks them with other memories that are similar.

The cerebellum is in charge of implicit memories such as procedural, motor, and classical. This has to do with conditioning and automatic things that we do not think consciously about like tying our shoelaces together.

10.

When we exercise our body is encouraged to start the neurogenesis process. This is the development of new brain cells within the hippocampus. Exercise also indirectly helps memory by assisting in getting an adequate amount of sleep, which can improve a person's mood and reduce their anxiety and stress levels.

11.

Bias is a memory sin, because it causes a person to view their memories from a misconstrued perspective based off of their present credence system. Biases can be stereotypical, hindsight, and/or egocentric in nature. For instance, a person may have a racial bias toward African Americans. They may think that they saw, in the morning news, that an African American person murdered someone the night before, but it was really a white European American instead.

15.

Flashbulb memories are memories that are based on previous, strong, emotionally arousal events. This is an extremely vivid recollection of an important event. The most recent flashbulb memory I had was the morning my baby was born. This was so dramatic and important to me, that I remember everything about it form what I was wearing, name of the hospital, details about the labor and delivery, the weather outside, hair color of the main nurse that worked with my wife, and so on.

28.

Residents of an assisted living community describe finding another resident wandering the halls aimlessly and not recalling where they are or how they got there as being normal and a common occurrence. They then assist those lost people by saying, “follow me and I will show you to your apartment”, like it is no big deal. One woman says that she keeps keep sharp by playing the game bridge and then multiple games of bridge at the same time. Because exercise itself helps boost the neurogenesis process, activities such as water aerobics or light forms of yoga might be good ways to keep a person’s aging mind sharp and active.

31.

Our memories can be created and manipulated pretty easily by people continuing to think about the made up researchers “memory” for them and by their imaginations which fill in the “gaps” for them. Memories are not permanent, but are able to be blended with imagination, fantasy, and even made up completely. People are scared when they realize that their “memory” is actually not a memory at all, because they place a lot of faith in what they think they actually reminder. The research done for false memories has a dramatic effect for evaluating the accuracy of eyewitness testimony in a court trial. Even though someone may think that they remember specific details of a crime scene, does not mean that they actually do. This may cause a person to be unjustly accused and sent to jail/prison for something they did not do or release someone who should rightfully pay for the crime they committed.