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Short Answer Questions

2.

Anterograde amnesia is when events and information which occur after the brain trauma occur cannot be remembered, but things which occurred before the trauma can be remembered. This can be due to damage to the hippocampus., and has resulted in the inability to consolidate memories. With retrograde amnesia, individuals that suffer from this lose their memories which occurred before the brain trauma. These individuals maybe forget some if not all of their past. They can form new memories after their trauma, but their memories from before can be permanently lost.

3.

This paradigm is focused on the vulnerability of memories. It was introduced with the inaccuracy of Bush's account for 9/11. He reported the events of 9/11 differently and inaccurately on multiple different occasions. People can even have inaccuracy with flashbulb memories which are extremely vivid and appear to be clear. In research, people have been found to report hearing a word even though they didn't. This goes to show just how influenced memories can be.

11.

Bias is just one of the ways in which our memory can fail us, and it is the group of distortion. This is when memories become distorted from an individual's current belief system. An example of this would be if I am remembering an event which occurred that made me mad at someone. When I am remembering the event, I focus or remember how they wronged me but not where I may have been in the wrong. This is because my belief system tells me that I am right in the conflict, so my memories will support it.

12.

When studying for the LSAT, Esha can employ a lot of different techniques but three would be to: apply the self-reference effect, be aware of interference, and to get enough sleep. The self-reference effect is when you make information learned meaningful to you. By doing this, you can recall things easier since it relates to you. Also, if you are able to correctly put things in your own words or connect them to yourself, then you have a better chance of actually understanding the material. Another technique would be to be aware of interference. Esha should study in a quiet area in order to increase her likelihood of remembering most of what she studies. In Disruptive environments, our mind gets a lot more distracted than we think, and it causes information to not be encoded properly. Lastly, Esha should make sure she gets enough sleep. Sleep is very important in the memory process. The brain is at work during sleep, helping organize and retain everything which got brought in.

13.

Misattribution is another memory sin provided by Schacter, and is also in the group of distortion. This is when the source of a memory is confused. An example of this which occurs to me all the time is when I am having conversations with a person and I tell them something again.

I will be having a conversation with one person, then go talk to someone else and tell them something important. When I go back to the first person I will talk to them as if I told them what I told the second person. In reality I only really told the second person, but in my memory, I knew I told someone I just misattributed who I told.

14.

Hindsight bias is when we believe an event which just occurred was predictable even though it wasn't. An example of this would be when flipping a coin. Sometimes when a person is wrong and guesses tails and then it lands on heads. It becomes hindsight bias when the person says that they knew it was going to be heads. They obviously were wrong, and even though it was an unpredictable event, they claimed that they knew it all along.

15.

A flashbulb memory is an extremely clear recollection of an important event. There have been quite a few events in my life where I would think a flashbulb memory would occur such as me moving across the country, or my parents getting divorced. Neither of these memories are ones which I can remember even a little bit. One memory which is very vivid to me is when my parents told me and my two sister that my mom was pregnant with Payton (the youngest sister). We were all sitting in an Olive Garden, my sister and I on one side and my parents on the other, and they just broke the news straight out. We all thought they were joking and then we said she was gonna be a boy. This would be wrong, but that night was very clear to me.

16.

Blocking is another memory sin, but this one is in the category of forgetting. Blocking is when the accessibility of informations is temporarily blocked. This happens to me a lot when I

see an actor in one movie and I cannot remember for the life of me where I have seen them before. I will know that I've seen the other movie they're in but I cannot remember what it is called.

28.

Every resident has found someone wandering the hall without memory of how they got there. They describe this as being a norm that all people have experienced in the assisted living community. When this occurs they usually will help them back to their apartments. The woman in the video recommends playing bridge. She says it is a wonderful past time and a way to keep your mind alert. I think a good way to exercise your mind would be through board games or mind puzzles. I think crosswords would be effective to keep the mind working and would maybe help aging minds to stay stimulated.

31.

This research tells us just how easily influenced our memory can be. The scientists show "memories" of individuals' childhoods, one of which is false. Half of the sample believed that they have been on a hot air balloon by the end of the week. The imagination of the individuals fill in missing details so that they believe they actually experienced it. This is to show how vulnerable memory is. If you remember something very accurately and confidently, it does not mean it necessarily happened. This makes eyewitness testimonies kind of unreliable. People's memories can be more easily influenced than they think and this is not something that should be reliable in the court of law.