

Topic 5 DQ

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Memories aren't always as accurate as people assume. According to the Topic 5 Resources, why aren't memories always accurate? What factors influence our ability to remember events accurately? Please apply weekly terms and topics in your explanation.

Memory is the ability to recall everything learned, primarily through associative methods. The three main types of memory are short-term, long-term, and sensory. Memory needs to be more accurate, especially for specifics. Researchers have shown that urging an eyewitness to remember more can lead to inaccurate details that the witness feels are accurate. Memories fail due to poor encoding, storage, and retrieval. Memory is also affected by the environment, what happens to people after an encounter, and the cognitive processes people use to remember. Cognition helps people attend, practice, and organize information, yet it can skew human behavior and judgment. Reconstructive memory theory suggests schemas may impair memory accuracy. Concentration, attentiveness, vigilance, and attention influence memory. Interest, drive, and need the emotional impact of the material to be memorized. Memory-accuracy factors Reconstructive memory holds that memory is complex. Inaccurate memories aren't false. A false memory is when someone remembers an event they didn't experience. Interference causes forgetting. New memories can cause retroactive interference. Current memories can interfere with fresh ones. Networks store memories. Contextual clues help memory recall. Context-dependent and state-dependent forgetting can occur without environmental or sensory signals (Grison & Gazzaniga, 2021).

Reference

Grison, S. & Gazzaniga, M. (2019). *Psychology in your life* (3rd ed.). New York, NY: Norton & Company, Inc.