

National Institute of Open Schooling
Secondary
Lesson 07 – Remembering and Forgetting
Worksheet-07

1. “Memory establishes links across diverse experiences.” Comment upon the given statement.
2. Observe your routine for a week and identify at least ten applications of memory from your routine.
3. We generally talk about two aspects of memory – remembering and forgetting, but there is more to it. Shed light upon the different stages of memory.
4. Swarna registered for an online learning platform. She received a six-digit one time password for verification of her account. According to the model of memory, which store will be used to store the one-time password? Support your answer with reasons.
5. Compare STM and LTM and explain how they differ from each other, using examples from your daily life.
6. Define the following concepts and provide examples for each:
 - a. Eyewitness memory
 - b. Autobiographical memory
7. We remember so many things in our day-to-day life. What are some methods to measure our retention? Explain.
8. Sometimes we complain about forgetting important things. Elucidate upon the different causes of forgetting.
9. “Memory is a constructive process”. Critically analyze the relevance of the given statement.
10. Suggest at least four methods that can be used by students to enhance their memory.