

National Institute of Open Schooling
Secondary
Lesson 6 – Memory
Worksheet-6

1. From a psychological perspective, the importance of memory is immense. But how can we explain the importance of memory in a layman's perspective in day-to-day life?
2. The term Learning and remembering are sometimes used interchangeably.. But they are two different processes. Explain the difference between the process of learning and memory using examples.
3. Psychologists have discovered that memory is not a single or unitary system. Elaborate upon the distinct systems of memory.
4. On Page no. 56, a digit span test is given (Activity 1). Conduct this test on a minimum of five people and record the data. Does the magic number 7 ± 2 hold true for the collected data? Explain.
5. Memory is not just remembering information. There are different types of memory. Shed light upon the different types of memory. Give suitable examples as well.
6. Forgetting is as natural as remembering. What are the different ways through which the process of forgetting can be explained? Support your answer with relevant reasons.
7. You have to memorize a list of household items till the time you reach the shop. Mention at least four strategies that can be used to memorize the list better.
8. A Student is facing difficulty in learning the text material and remembering it for examination purposes. Suggest them some tips to memorize the course material.
9. Freud gave a major concept called 'repression'. Explain repression and how it is different from amnesia.