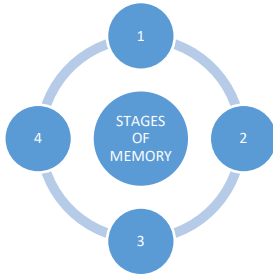


National Institute of Open Schooling
Secondary Course – Psychology
Lesson 6: Memory
Worksheet – 6

1. You learn 3 words. These three words are embedded in seven more words. You are asked to identify the three words that you learnt. Which method of measurement is at play?



2. Arrange the stages of memory formation in the sequence it happens.
3. Mr.X cannot remember for more than 30 seconds. How can he improve his memorization ability?
4. The emergency phone numbers, vehicle registration numbers, telephone numbers are restricted to a certain digits. Why?
5. I need to remember the recipe of baking a cake. Which type of memory will be helpful to me?
6. You have the ability to remember the birthdays of all your family members without any reminders. Which type of memory is strong in you?
7. Every time I try to remember something new my old memories trouble me. What kind of interference is this?
8. Out of the three kinds of memory, which is permanent? How?
9. How can we eliminate painful events and memories from our consciousness?
10. VIBGYOR is an easy way to remember the colours of a rainbow. Give a few more of such cues/codes.