

Name: \_\_\_\_\_

**AP PSYCH**  
**Unit 7A.3 Activities**  
**Retrieval & Forgetting**

These first questions should be based on your own opinions and life experiences. You don't have to use the book.

1. Think back to a class you have taken at school. You might have forgotten a ton of what you learned, but describe a lasting memory from that class that will stay with you forever.
2. Describe a time when you or someone you know experienced Deja-vu. Describe the experience. What was strange about it?

Use your book and the notes to answer the following questions.

1. Fill in this table with definitions and real-world experiences you have had with: recall, recognition, and relearning. Then draw a picture that helps explain your answer.

Retrieval	Real-world example	Image or symbol that represents this
Recall		
Recognition		
Relearning		

2. Describe a time when YOU experienced or used priming / retrieval cues in order to remember something.
3. Describe a time when YOU experienced or used a context effect in order to remember something.
4. Create or describe how YOU could demonstrate the scenario of state-dependent memory.
5. Fill in this table with real-world examples of how mood-congruent emotional contexts affect your memories of certain past events. Describe a scenario in which you are thinking back to the same event, but under different emotional states.

Mood	Real-world example of mood-congruent memory
You are in a positive mood now and thinking back to the past (rosy retrospection)	
You are in a negative mood now and thinking back to the back	

6. Does AJ (Jill Price) have a good life? Could anyone with AJ's same condition actually have a good life? Why or why not?

7. Fill in this table with the 3 sins of forgetting, 3 sins of distortion, and 1 sin of intrusion. Describe a real-world example of each.

Sin AND the category	Real-world example

8. Draw AND describe the Ebbinghaus Forgetting Curve.

9. Describe how YOU have experienced the “tip of the tongue” phenomenon.

10. Design a mnemonic device or acronym that helps you memorize the difference between proactive and retroactive interference. Describe the actual memory device and then describe specifically what it means / how it helps you memorize.

11. Fill in this table with detailed, real-world examples of how you have experienced both proactive and retroactive interference.

Interference	2 real-world examples of this experience	
Proactive Interference		
Retroactive Interference		

12. Describe how YOU have demonstrated *positive transfer*.

13. Describe a time when YOU “revised your own history”. Why did you do it? Who did you tell this “new version” of the story to?

14. Do YOU believe in repressed memories? Explain why or why not with several supporting details.