Unit V: Memory, Forgetting, Attention and Interest

📚 **Solved Textual Questions & Answers**

A. 1-Mark (Very Short) Questions

1. **What is memory?**
   Memory is the mental ability to retain, store, and recall past experiences and learned information.

2. **What is forgetting?**
   Forgetting is the failure to recall or recognize learned information when needed.

3. **Mention one cause of forgetting.**
   Interference or lack of proper revision.

4. **Define attention.**
   Attention is the process of focusing mental energy on specific stimuli while ignoring others.

5. **What is interest?**
   Interest is a feeling or state of curiosity or concern about something, which enhances attention and learning.

B. Short Answer (2–3 Marks)

1. **Mention two types of memory.**

- Sensory Memory

- Short-Term Memory (STM)

- Long-Term Memory (LTM)

2. **What is sensory memory?**
   It is the initial, brief stage of memory that holds incoming information for a fraction of a second.

3. **State two ways to improve memory.**

- Repetition and rehearsal

- Mnemonics and association

4. **What is retroactive inhibition?**
   It is a condition where new learning interferes with the recall of previously learned material.

5. **What is the relationship between attention and interest?**
   Interest enhances attention. When a person is interested in something, their attention is automatically directed toward it, facilitating better learning and memory.

C. Long Answer (4–6 Marks)

1. **Explain the stages of memory.**
   Memory involves three main stages:

- **Encoding**: Converting information into a form usable in memory.

- **Storage**: Retaining encoded information over time.

- **Retrieval**: Accessing the stored information when needed.

2. **Describe different types of memory.**

- **Sensory Memory**: Immediate, brief recording of sensory information.

- **Short-Term Memory**: Holds limited information temporarily (15–30 seconds).

- **Long-Term Memory**: Stores vast information for long periods; virtually unlimited capacity.

3. **Discuss the main causes of forgetting.**

- **Decay theory**: Memory fades with time.

- **Interference**: New or old learning hampers recall.

- **Repression**: Motivated forgetting of unpleasant events.

- **Retrieval failure**: Inability to access stored info.

4. **Define attention and describe its characteristics.**
   Attention is focusing on one stimulus while ignoring others. Characteristics:

- Selective

- Shiftable

- Limited capacity

- Necessary for perception and learning

5. **Discuss factors affecting attention.**

- **External**: Size, intensity, novelty, movement, contrast

- **Internal**: Interest, mental set, emotional state, habit

🖊️ Additional Questions with Model Answers

Short Answer (2–3 Marks)

1. **Define retention.**
   Retention is the ability to preserve learned information in memory over time.

2. **What is proactive inhibition?**
   Old learning hinders the recall of newly learned material.

3. **Name any two methods of memorization.**

- Rote learning

- Logical/mnemonic methods

4. **Give one method to overcome forgetting.**
   Regular revision or spaced repetition.

5. **What is span of attention?**
   It is the amount of information one can attend to at a single moment.

6. **How does emotional state affect memory?**
   Strong emotions (stress or joy) can enhance or impair memory recall depending on context.

7. **What is the role of interest in learning?**
   Interest sustains attention, enhances understanding, and improves long-term retention.

8. **State one difference between STM and LTM.**
   STM holds info temporarily; LTM stores it permanently.

9. **What is distraction?**
   Any external or internal stimulus that diverts attention from the main task.

10. **Name any one experiment related to forgetting.**
    Ebbinghaus's forgetting curve experiment.

Long Answer (4–6 Marks)

11. **Explain the differences between STM and LTM.**

Feature	Short-Term Memory	Long-Term Memory
Duration	~15–30 seconds	Minutes to lifetime
Capacity	5–7 items	Virtually unlimited

| Encoding | Mostly acoustic | Semantic and visual |
| Forgetting | Rapid | Relatively slow |

12.   How can memory be improved?

- Use of mnemonics

- Regular revision

- Understanding over memorizing

- Linking new knowledge to old

- Maintaining good health and sleep

13.   Describe types of forgetting.

- **Normal Forgetting**: Due to time lapse

- **Pathological Forgetting**: Due to injury/disease

- **Motivated Forgetting**: Suppressing unwanted memories

14.   Discuss internal and external determinants of attention.

- **Internal**: Interests, emotions, mental state

- **External**: Size, movement, intensity, novelty

15.   What strategies can be used to sustain attention in classroom?

- Use of visual aids and varied tone

- Relating topic to students' interests

- Group discussions

- Reducing distractions

- Active participation

16.   Explain the role of repetition in memory.
Repetition reinforces neural pathways, aiding encoding and storage, thus improving retention.

17. **Describe the process of encoding.**

Encoding is converting sensory input into a form the brain can store. It can be visual, auditory, or semantic.

18. **What are retrieval cues?**

Stimuli (words, images, emotions) that help access stored information.

19. **How does stress affect attention and memory?**

Moderate stress improves focus and memory, but excessive stress impairs both.

20. **Suggest ways to reduce forgetting in students.**

- Use of visual and auditory methods

- Frequent revision

- Encouraging interest

- Connecting topics to real-life examples