

Trying to forget

By Babkin Petr

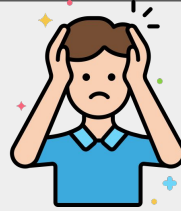


Original article: by Ingrid Wickelgen in Scientific American 2011

Plan of the presentation

part	main question
motivation	why forget?
deliberate forgetting	how to forget?
scientific approach	what scientists say?

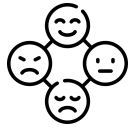
Mister S



- had ability to remember
- all recollections turn to chaos

space in brain is limited!

Ability to forget is influenced by:



emotional side of recollection



training



Pearson's emotional state

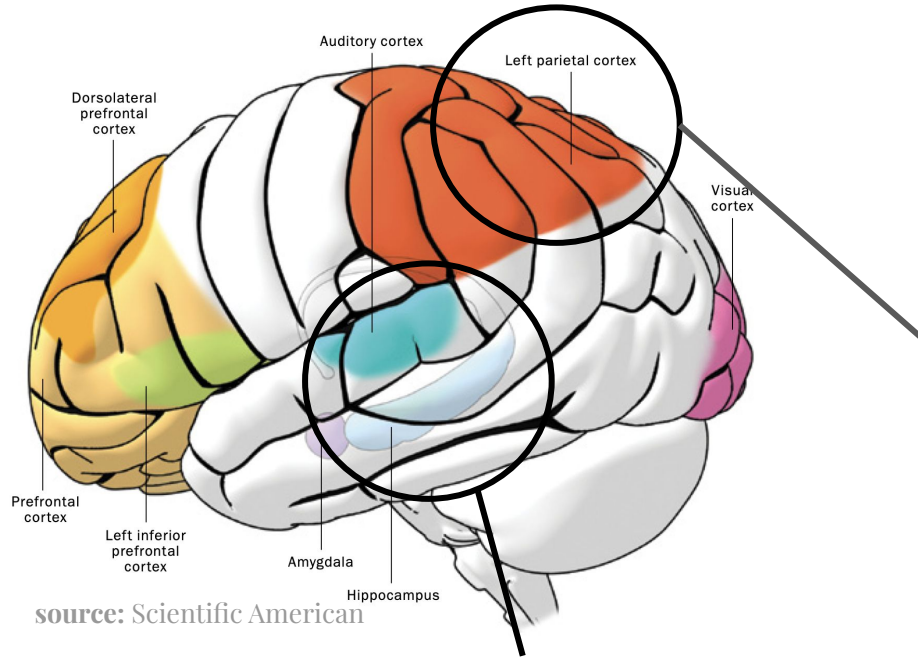


memory substitution

motivation

deliberate forgetting

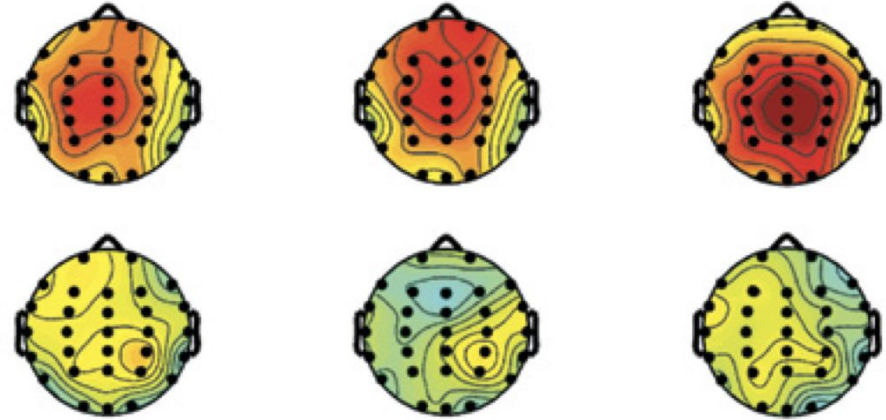
scientific approach



source: Scientific American

main storage

try to suppress memory



normal activity

source: Scientific American

Summary

- forgetting is useful skill
- memorization process is not fully understood

"Now that I do know it I shall do my best to forget it."

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