INDIAN SCHOOL AL WADI AL KABIR
DEPARTMENT OF PSYCHOLOGY (2025-26)
CLASS – XI

Chapter 5 The Human Memory

1. Explain how the Atkinson-Shiffrin model describes the process of memory. Use examples to illustrate the model's three stages.

Answer: The Atkinson-Shiffrin model, also known as the multi-store model, proposes that memory consists of three stages: sensory memory, short-term memory (STM), and long-term memory (LTM).

Sensory Memory: This is the initial stage where sensory information from the environment is briefly held, typically for less than a second. For example, the fleeting image you see when you quickly glance at a poster.

Short-Term Memory: If attention is given to sensory memory, it moves to STM, where information is temporarily held (for about 20-30 seconds) and can hold around 7±2 items. For example, memorizing a phone number long enough to dial it.

Long-Term Memory: With rehearsal or meaningful encoding, information moves to LTM, where it can be stored indefinitely. For example, remembering your home address from childhood.

2. Differentiate between declarative memory and procedural memory, and provide an example of each.

Answer: Declarative Memory: This type of memory involves facts and events that can be consciously recalled. It includes semantic memory (general knowledge) and episodic memory (personal experiences). For example, remembering the date of India's independence is declarative. Procedural Memory: This type of memory relates to skills and actions and does not require conscious recall. It's often automatic and is used for tasks like riding a bicycle. For example, knowing how to type on a keyboard is procedural memory.

3. Describe any two techniques that can be used to improve memory retention. Explain how they work.

Answer:

- Chunking: This technique involves grouping pieces of information into larger , meaningful units, making it easier to remember. For example, breaking a long phone number into smaller parts (e.g., 123-456-7890) improves retention.

- Mnemonics: This technique uses patterns, phrases, or imagery to remember information. For instance, using "PEMDAS" to remember the order of operations in math (Parentheses, Exponents, Multiplication, Division, Addition, Subtraction) helps with recall.

4. Explain the difference between proactive interference and retroactive interference in memory. Provide examples.

Answer: Proactive Interference: This occurs when old information interferes with the ability to learn or recall new information. For example, if you previously learned French and are now trying to learn Spanish, French words might come to mind and interfere with recalling Spanish vocabulary.