



CLASS XITH
SUBJECT - PSYCHOLOGY
CHAPTER – 6 HUMAN MEMORY
QUESTION BANK

Multiple Choice Questions (MCQs)

1. Which of the following is the process of retaining information over time?

- ☐ (a) Encoding
- ☐ (b) Storage
- ☐ (c) Retrieval
- ☐ (d) Rehearsal

Answer: (b) Storage

2. What type of memory refers to the ability to recall facts and events?

- ☐ (a) Procedural memory
- ☐ (b) Declarative memory
- ☐ (c) Sensory memory
- ☐ (d) Working memory

Answer: (b) Declarative memory

3. Which part of the brain is crucial for forming new long-term memories?

- ☐ (a) Cerebellum
- ☐ (b) Hippocampus
- ☐ (c) Amygdala
- ☐ (d) Thalamus

Answer: (b) Hippocampus

4. Who developed the Information Processing Model of memory?

- ☐ (a) Atkinson and Shiffrin
- ☐ (b) Ebbinghaus
- ☐ (c) Baddeley

o (d) Tulving

Answer: (a) Atkinson and Shiffrin

5. Which memory system has the shortest duration?

o (a) Short-term memory

o (b) Long-term memory

o (c) Sensory memory

o (d) Working memory

Answer: (c) Sensory memory

Short Answer Questions

1. Define memory and explain its importance in daily life.

o Memory is the process by which we encode, store, and retrieve information.

It allows us to learn from past experiences, make decisions, and plan for the future, which is essential for functioning in daily life.

2. Differentiate between encoding, storage, and retrieval.

o Encoding is the process of transforming information into a form that can be stored. Storage involves retaining this information over time. Retrieval is the ability to access stored information when needed.

3. What is sensory memory, and what role does it play in memory processing?

o Sensory memory briefly stores incoming sensory information. It allows us to retain impressions of sensory information after the original stimulus has ceased, aiding initial stages of processing.

4. Describe the difference between episodic and semantic memory.

o Episodic memory involves the recall of personal experiences and specific

events, including details like time and place. Semantic memory involves the recall of general knowledge and facts not tied to personal experiences

Long Answer Questions

1. Describe the Information Processing Model of memory. Explain its stages and how information flows between them.

o The Information Processing Model proposed by Atkinson and Shiffrin divides memory into three stages: sensory memory, short-term memory (STM), and long-term memory (LTM). Information first enters sensory memory, where it is briefly held. If attention is given to this information, it moves to STM, where it is retained temporarily through rehearsal. Finally, through processes such as

encoding, information is transferred to LTM for more permanent storage. Each stage plays a crucial role in processing and storing information.

2. Explain the levels of processing theory and how it affects memory retention.

o The levels of processing theory, proposed by Craik and Lockhart, suggests that

the depth of processing affects memory retention. Shallow processing, such as focusing on superficial features (like sound), leads to poorer memory retention.

Deep processing, such as focusing on meaning, enhances retention because it creates stronger, more elaborate memory traces. This theory emphasizes the qualitative aspect of memory encoding, showing that deeper levels of analysis improve long-term retention.

3. Discuss the factors that can influence forgetting.

o Forgetting can be influenced by various factors: ☐ Decay theory: Memory traces fade over time if not accessed. ☐ Interference theory: New information can interfere with old information (retroactive interference), or old information can interfere with new information (proactive interference). ☐ Retrieval failure: Inability to access information due to the absence of retrieval cues. ☐ Motivated forgetting: Occurs when a person subconsciously blocks memories of unpleasant experiences.

4. What are the differences between declarative and procedural memory? Give examples of each.

o Declarative memory refers to facts and information that can be consciously recalled, such as names and dates (e.g., recalling historical events). Procedural memory is related to skills and tasks that are performed automatically without conscious recall, like riding a bicycle or typing. Declarative memory is explicit and often consciously recalled, whereas procedural memory is implicit and becomes second nature with practice.

5. Explain memory improvement techniques and their applications in learning.

o Memory can be enhanced through techniques like rehearsal, mnemonics, chunking, and elaborative encoding. Rehearsal, or repetition, helps transfer information into LTM. Mnemonics aid in recalling information by creating associations. Chunking involves grouping information, making it easier to remember. Elaborative encoding links new information with existing knowledge. These techniques are valuable for students and professionals for efficient information retention and recall.