

Chapter -6 | Human Memory

QUIZ-01

1. Remembering how to ride a bicycle is an example of:

- A. Declarative memory
- B. Semantic memory
- C. Procedural memory
- D. Episodic memory (C)

Explanation: Procedural memory stores information on how to perform tasks and skills.

2. Episodic memory refers to:

- A. Facts and general knowledge
- B. Personal life experiences
- C. Motor skills
- D. Implicit knowledge (B)

Explanation: Episodic memory contains biographical details of one's life, often emotional in nature.

3. Which type of interference occurs when old learning disrupts the recall of new information?

- A. Retroactive interference
- B. Proactive interference
- C. Retrieval failure
- D. Trace decay (B)

Explanation: Proactive interference is when past learning interferes with remembering new material.

4. The sharpest drop in retention, as shown in Ebbinghaus's forgetting curve, occurs:

- A. After one day
- B. During the first hour
- C. After one week
- D. After one month (B)

Explanation: Ebbinghaus found that forgetting is fastest within the first hour after learning.

5. Which mnemonic technique involves linking items to familiar physical locations?

- A. First-letter technique
- B. Method of loci
- C. Keyword method
- D. Chunking (B)

Explanation: The method of loci uses mental imagery of known locations to recall information in sequence.

6. What is the capacity of short-term memory according to the Stage Model?

- A. 5 ± 2 items
- B. 7 ± 2 items
- C. Unlimited
- D. 10 ± 2 items (B)

Explanation: STM capacity is generally around 7 ± 2 chunks of information.

7. Semantic memory stores:

- A. Facts and concepts without emotional context
- B. Personal experiences
- C. Motor skills
- D. Repressed memories (A)

Explanation: Semantic memory holds general knowledge and concepts, which are usually affect-neutral.

8. Which process in STM can increase its effective capacity by grouping items together?

- A. Rehearsal
- B. Encoding
- C. Chunking
- D. Priming (C)

Explanation: Chunking combines smaller units into larger, meaningful groups, expanding STM capacity.

9. Which theory of forgetting suggests that memory fades if not used for a long time?

- A. Retrieval failure theory
- B. Interference theory
- C. Trace decay theory
- D. Levels of processing theory (C)

Explanation: Trace decay theory proposes that unused memory traces fade over time.

10. Which study method involves Preview, Question, Read, Self-recitation, and Test?

- A. SQ3R method
- B. PQRS method
- C. Keyword method
- D. Loci method (B)

Explanation: PQRS is a structured method for effective study and retention involving five sequential steps.