

NAME



Use your keepsakes to activate your memory: 1. sketch the object, 2. write the story behind the object, e.g. how did it end in your possession? why you keep it? How long has it been with you? 3. Visualize your memory—doodle, drawing—even if not too define, and use color to represent emotions that you feel when remembering.

There are two main methods of accessing memory: RECOGNITION and RECALL.

Recognition is the association of an event or physical object with one previously experienced or encountered, and involves a process of **comparison of information with memory, e.g. recognizing a known face, true/false or multiple choice questions, etc.** Recognition is a largely unconscious process, and the brain even has a dedicated face-recognition area, which passes information directly through the limbic areas to generate a sense of familiarity, before linking up with the cortical path, where data about the person's movements and intentions are processed. **Recall** involves **remembering a fact, event or object that is not currently physically present** (in the sense of retrieving a representation, mental image or concept), and requires the direct uncovering of information from memory, e.g. remembering the name of a recognized person, fill-in the blank questions, etc. Recognition is usually considered to be "superior" to recall (in the sense of being more effective), in that it requires just a single process rather than two

processes. Recognition requires only a simple familiarity decision, whereas a full recall of an item from memory requires a two-stage process (indeed, this is often referred to as the two-stage theory of memory) in which the search and retrieval of candidate items from memory is followed by a familiarity decision where the correct information is chosen from the candidates retrieved. Thus, recall involves actively reconstructing the information and requires the activation of all the neurons involved in the memory in question, whereas recognition only requires a relatively simple decision as to whether one thing among others has been encountered before. Sometimes, however, even if a part of an object initially activates only a part of the neural network concerned, recognition may then suffice to activate the entire network.

Source: *THE HUMAN MEMORY* (http://www.human-memory.net/processes_recall.html)

	Sketch	Short story	Visual
RECOGNITION	1		
	2		
	3		

NAME

	Sketch	Short story	Visual
4			
5			
6			
7			

RECOGNITION

NAME



RECALL memories and give them *an emotion and a moment in time*; describe in detail (using words only) the visuals, sounds, smells, tastes, sensations, associated to each, e.g. are images defined/undefined? blurry? grainy? saturated/desaturated? overwhelming? serene? Number each of your memories, in the sequence in which they pop-up in your mind. * Be opened to describe blended or undefined memories and use the boxes provided in the "ATEMPORAL" column.

RECALL	EMOTION:			
	EMOTION:			
	EMOTION:			
	EMOTION:			
		PAST	PRESENT	ATEMPORAL

NAME

RECALL

EMOTION:			
EMOTION:			
EMOTION:			
EMOTION:			

PAST

PRESENT

ATEMPORAL