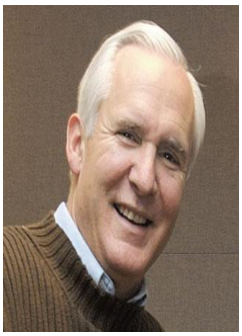
RETIRED MEN'S ASSOCIATION OF GREENWICH, Inc. (RMA)
invites you to attend its meeting, on Wednesday, Aug. 6, 2014.
First Presbyterian Church, Lafayette Pl., Greenwich, CT.

JERRY SEHULSTER

EXPLORING OUR DIFFERENT MEMORY SYSTMS: REMEMBERING AND FORGETTING AS ISSUES OF STORAGE AND RETRIEVAL



Once information has been encoded and stored in memory, it must be retrieved in order to be used. Memory retrieval is important in virtually every aspect of daily life, from remembering where you parked your car to learning new skills. There are many factors that can influence how memories are retrieved from long-term memory. In order to fully understand this process, it is important to learn more about exactly what retrieval is as well as the many factors that can impact how memories are retrieved. Human memory is best viewed as a complex interaction of various subsystems which are involved with the original registration of experience (storage) and its subsequent 'remembering' (retrieval) at some later date. It is probably not useful to think of these subsystems of memory as different rooms in a large house, convenient for exposition and discussion though it may be. Rather, think of the component parts of any moment-to-moment experience as potentially the component parts of the *memory of that moment*. These parts will also be potential retrieval cues for bringing about 'remembering' of the experience. In addition, there are larger 'umbrella' components of moment-to-moment experience which may or may not be incorporated into the *memory of that moment*. And then there are abstract components that may or may not be added with subsequent experiences, even years later. Memories can be altered substantially. This perspective is supported by 'unpacking' a memory experience with the eye to uncovering multiple retrieval paths. Basically, if you are remembering a moment, then it must have been called up by some set of cues. Three large memory subsystems are discussed: semantic, autobiographical, and prospective, with some limited discussion of smaller subsystems. Problems with memory retrieval are discussed briefly.

Dr. Sehulster is Professor of Psychology at the University of Connecticut, focusing on cognitive psychology (autobiographical memory and thinking styles) and personality. His intrigue with human memory is a life-long passion. He has a B.A. from Lafayette College and an M.A. and Ph.D. from the University of Delaware in Experimental Psychology. He lives with his wife and two daughters in Stamford. In his spare time, he dabbles in screenwriting and fiction. Classical music has been a part of his life as long as he can remember; he is opera critic for the Stamford Advocate.

Our business meetings begin at 10, and our speakers are scheduled for 10:30. No Charge and No Reservations are required. For additional information, call Bernard Schneider, 203-698-2558; bgsesq@gmail.com.; or see our website, greenwichrma.com.