



Early Memories

Task: Forming Early Memories

Activity 1: Listening

Welcome to a practice listening task for the GESE 7.

You are going to hear a talk about **forming early memories**. You will hear the talk twice. The first time, just listen. Then I'll ask you to tell me generally what the speaker is talking about. Are you ready?

Audio Script

Many people treasure their first memories in life. However, you should be made aware that often the first memories of a person are fabricated and altered from what they actually experienced. Why does this happen?

Looking at one aspect, it is interesting to know that 4 out of 10 people have fabricated their first memory. According to researchers, it is difficult for the brain to maintain autobiographical memories until a person becomes 2 years of age. While babies can have memories, they usually don't last for very long, which is due to the new cells that an infant's brain is creating and may be the reason for the disruption of these early memories. This is likely why many people don't recall memories from when they are an infant. Furthermore, it might be interesting to know that there is even a sort of childhood amnesia that keeps some people from having any memories from the age of seven and younger. Some people claim to have memories from their first year of life, and even before this, but scientists tend to think that they aren't real. These same scientists claim that the reason for their existence is because humans have a need for creating a cohesive narrative of their own existence.

So, when a thought comes to mind, a person must make a decision over it. Was it something they talked about, imagined or actually experienced? Sometimes people have talked so much about something in particular that they get to experience the details and feelings of it, making it confusing to them if it is their memory or an adopted memory. Most times we can analyse correctly, but in others, having this shared memory can be tricky. This can happen in adulthood. A study was done on volunteers by memory researchers and by the end of the research seventy percent of the volunteers were convinced of a false memory they had never experienced, such as having tea with the royal family, getting lost in the shopping centre or even having committed a violent crime. It is true though that if you were a child, you would be more prone to creating false memories than an adult. Furthermore, these types of memories ought to be considered very powerful, because they can help somebody form the type of person that they are. From their likes and dislikes, to their fear and type of behavior.

All in all, people aren't used to thinking that their first memories can be false, but this shouldn't be too much of a concern, since generation after generation has gone through this. If we have these memories, it is surely for a reason.



Can you tell me in one or two sentences what the speaker was talking about?

Now listen to the talk again. This time make some notes as you listen, if you want to. Then I'll ask you to tell me some facts about forming early memories and details from a memory research project.

Now tell me some facts about forming early memories and details from a memory research project. You have one minute to talk.

This is the end of the listening task.

Answers:

Fact about forming early memories	<ul style="list-style-type: none">● fabricated first memory● can't maintain memories until 2 years of age● new cells creation stop early memories● scientist think early memories aren't real● creating cohesive narrative about their own existence
Details from memory research project	<ul style="list-style-type: none">● make a decision: talked about, imagined, experienced● adopting a memory: experience of details, feelings● research: 70% convinced of false memory● children more prone to creating false memories● False memories can form: likes, dislikes, fear, behavior

Marks: +_ / +10