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Blog assignment #2

Remembering

**My First Memory**

From our current understanding of memory suggests that we do not recall anything before we are four years old. It continues that if we do recall something it may not be that you actually experienced it but that because people have told it to you, you then create and fill in the details with your mind as if you really remember it happening.

This was explained more in detail with the experiment we went over, during a lecture where they did an experiment where they tried to create a memory just through talking about the one made up event mixed with multiple other real memories. This is a very interesting and somewhat powerful thing that psychologists have found out.

My first memory is of the 1996 World Series where the third basemen for the New York Yankees catches a foul ball and then celebrates as if they had won the World Series. The only reason I believe this is truly a memory and not just something told to me by my parents, is that my parents never talked to me about this because it was not a big deal in their mind.

The one problem is that I have no recollection of where I was during the event; I don’t even know if I actually watched it or if I saw it a couple years after and encoded it as if I had seen it live. If I think really hard I can vaguely remember sitting on the couch and watching it on my fathers lap.

The problem I have now with this memory is that it is impossible for me to have this vivid of a memory because you are not supposed to remember anything before you are around 4 and I was only about 14 months at the time. So the only valid explanation is that I am just recreating it with my mind as the people in the studies did.