

Forgetting in LTM: Interference and Cue Dependent Forgetting

Two important theories of LTM forgetting & remembering are interference and cue dependent forgetting. Think of some real-life examples of each.

Interference theory suggests that forgetting occurs when two sets of information in memory are similar. In retroactive interference, some newly learned information 'overwrites' some previously learned information. In proactive interference, information that has already been learned prevents new information from being properly stored.

Retro-active interference

Pro-active interference

Cue dependent forgetting suggests that when information is forgotten is has become inaccessible. It is still stored somewhere in LTM, but the cues needed to retrieve it are not available. Cue can be external (context cues) or internal (state cues). The closer state and context are to those present at the time of learning, the more likely it is that the info will be recalled.

A state dependent memory

A context-dependent memory