

Everyday Memory Phenomena: Understanding and Enhancing Recall

Conférence

150 Pl. du Torrent, 38400 Saint-Martin-d'Hères
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Every day, we rely on memory to navigate life—whether it's recalling a conversation, remembering a task, or reflecting on past experiences. Yet, we often take memory for granted until we encounter a challenge or struggle with retrieval. In this engaging c.a. 30 min workshop (conducted in English), we'll explore the fascinating world of memory: the different types of memory we use daily, what happens when retrieval is unsuccessful, and practical strategies to enhance everyday memory functioning. Through interactive demonstrations and discussions, you'll gain insights into how memory works and walk away with tips to improve recall in your daily life.

Orateur(s)

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Admission

Gratuit