
BBC LEARNING ENGLISH

Take Away English 隨身英語



Are our early memories real? 我們早期的記憶是真的嗎？

詞彙: *memories* 記憶

What's the first thing you remember doing? It could be playing with your friends at school, or going to a birthday party and eating amazing cake. Most of us have a **treasured** early memory of our childhood, but can we really believe those **vivid** memories? Did those special moments really happen – or did we make them up?

It's a strange **concept** to **grasp**, but according to research, about four out of 10 of us invent our first childhood memory. Rather than having experienced something, we could have **fabricated** a fake memory from videos or photos we've seen. We could have been influenced by a story **recounted** to us that **spurs** our minds **on** to **adopt** someone else's memory as our own. What it means is that memories of our younger years, especially before the age of two, may be **inaccurate**, or entirely false.

But why don't we have **clear** memories from that age? Well, our ability to **retain** memories from before the age of two isn't great. While at that age we do have **short-term memories**, according to Catherine Loveday, an expert in **autobiographical** memory at the University of Westminster, the memories that infants make are not **long-lasting**. This is possibly due to the rapid creation of **brain cells** in our early years. Some scientists also believe that as we get older, our childhood memories **fade** and after the age of seven, we get some kind of 'childhood **amnesia**'.

So why do we create fake memories? Some experts believe that there is a clear desire for a sense of self and having a **cohesive** story of our existence. Creating memories can fill in the gaps – giving us a more complete structure for our early lives. As we get older, we want to have a complete picture of our entire lives.

So, the next time someone says they have a clear memory from when they were one – or even before - just remember that while it could be true, there's a chance they just invented it at some point in their lives.

詞彙表

treasured	珍視的，珍重的
vivid	鮮明的，生動的
concept	概念
grasp	理解，領會
fabricate	編造
recount	敘述
spur on	促使，激勵
adopt	採納，採用
inaccurate	不準確的
clear	清晰的
retain	記住
short-term memory	短期記憶
autobiographical	自傳體的，與個人生活事件緊密相關的
long-lasting	持久的
brain cell	腦細胞
fade	逐漸被遺忘
amnesia	失憶
cohesive	完整連貫的

測驗與練習

1. 閱讀課文並回答問題。

1. What's the proportion of people who may have invented their first memory?
2. Why might we not be able to create long-lasting memories as a child?
3. By what age do some experts think we get 'childhood amnesia'?
4. Why might someone want to create childhood memories?
5. What does the article suggest we should do when someone says they have a clear memory from when they were one?

2. 選擇意思恰當的單詞或片語來完成下列句子。

1. I love this toy. It was one of my most _____ possessions when I was a kid.

treasure	treasured	treasures	treasuring
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2. I think that we need to _____ new strategies for dealing with the problem.

recount	fade	adopt	concept
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3. Don't make _____ stories! Tell the truth.

up	out	down	in
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4. All of my memories seem to have _____ over time.

faded	grasped	treasured	adopted
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5. Why don't you _____ that story about your first bike to us?

recount	clear	amnesia	retain
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答案

1. 閱讀課文並回答問題。

1. What's the proportion of people who may have invented their first memory?

Around four in 10 of us may have faked our first memory.

2. Why might we not be able to create long-lasting memories as a child?

The rapid creation of brain cells being created in our early years could impact on our ability to create long-term memories.

3. By what age do some experts think we get 'childhood amnesia'?

'Childhood amnesia' occurs by the age of seven.

4. Why might someone want to create childhood memories?

To give their life story a greater sense of cohesion.

5. What does the article suggest we should do when someone says they have a clear memory from when they were one?

Remember that while it could be true, there's a chance they just invented it.

2. 選擇意思恰當的單詞或片語來完成下列句子。

1. I love this toy. It was one of my most **treasured** possessions when I was a kid.

2. I think that we need to **adopt** new strategies for dealing with the problem.

3. Don't make **up** stories! Tell the truth.

4. All of my memories seem to have **faded** over time.

5. Why don't you **recount** that story about your first bike to us?