

Podcast: Oral History and Understanding Memory (17.13 minutes)

00.01 What is Oral History? Recording memories of the past. Mix of personal memories, what they've been told, community myth etc.

01.47 Development of Oral History. History of the 'Great and the Good' followed by recording history from the 'Bottom-up' e.g. community projects.

04.27 Memory- a reconstruction process. Use of cues to retrieve lost memories. How story is told depends on current circumstances but core generally consistent.

06.46 What do we remember? Exceptional rather than common. Feelings remembered better than dates. Associated anecdotes helpful.

09.12 Triggers - Key life occasions aid memory of chronology of events. Other triggers include place, smell, physical sensations. Use of objects e.g. always a story behind a photograph.

11.22 Individual memory contaminated by media and subsequent events? Communal memories we are all part of; community groups and national myths.

14.51 How the past is remembered. Language used, what is discussed.

15.15 Sometimes you get good hard history, not influenced by media e.g. workplace history.

15.52 Sometimes Oral History is the only way of getting information. Use other sources alongside, if available.

16.47 Concluding points.