

1. Young children's eyewitness accounts may not be exceptionally reliable as they will often fail to put in the words and details needed to describe an event accurately. In terms of memory, studies have shown that they are just as reliable as adult memories, but since children are just learning the world, they may lack the means necessary to express certain concepts, which can prove detrimental to investigations that may rely heavily on a child's testimony. Children are also more easily influenced by additional details being told to them, no matter if they are proven true or false, which may impact their memories and make them more vulnerable to misrepresenting their memories, which can lead to false investigations and convictions. What does not help is when children repress or recover memories and/or details later in their life, due to the traumatic events that transpired.

Speaking of repressed memories, they are controversial since the memories may contain events that are humiliating or degrading to the individual. For instance, a child may undergo child sexual abuse by a well-trusted family member. Not only may the child feel an insurmountable sense of betrayal, but he/she may be written off as crazy, imaginative, or just a storyteller if they try to report it to someone else, especially their parents. As a result, the child may try to repress or forget those memories, fearing that everyone will think they are crazy. This may severely stunt their development and affect their growth in all aspects of their life and well-being. However, repressing memories may impede or even derail investigations altogether, especially if they change the course of the investigation entirely. This can include forging or misidentifying individuals, misnaming, and even giving a false description of the landscape.

2. There are quite a few methods by which an individual can improve one's memory. Two methods I personally like to use the most are getting enough sleep and exercise. I already get enough sleep by setting a rigorous time schedule that permits me to get at least eight hours of sleep on most days. I also set an exercise schedule that mandates me to get at least 30 minutes of activity every day, especially on my freer days. I ride my bike and walk my dog for 15-20 minutes respectively, which allows me to clear my mind and simply enjoy the beauty of nature around me.

When I have an exam or essay coming up, I sometimes use exercise to take a break and clear my head so I can get back to work with a fresher and more refined perspective. When I sit inside for extended periods of time, it weighs on my body after a while, and it has adverse effects on my health and work ethic, which is why I like to use these methods the most so I can boost my productivity. I tend to do the best in terms of work productivity when I am with my friends, since I like to socialize with them and discuss classes from time to time.

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