

You're reminiscing wrong

September 08, 2014

The Washington Post:

Nostalgia is a funny thing, and you may be missing out on some of your best opportunities for reminiscing. While you're likely to expect notable events – like holidays and unusual activities – to be more fun to think back on in the future, it turns out that the most mundane experiences can give you just as much pleasure.

In a study published in *Psychological Science*, Harvard Business School psychologists had students create time capsules full of songs they were listening to, papers they'd written, social events they'd attended, and records of conversations they'd had. The researchers had them estimate how curious and surprised they'd be by each record three months later. When they opened the capsules at the start of the next school year, the students were consistently more interested in the not-so-ancient relics than they'd predicted.

Read the whole story: [*The Washington Post*](#)