

Cognitive Psychology Foundations

Cognitive Psychology · Practice Test · 20 Questions

1. Which structure in the human brain is primarily responsible for the consolidation of new explicit memories?

- A) Amygdala
- B) Hippocampus
- C) Cerebellum
- D) Hypothalamus

2. What is the term for the process of grouping individual pieces of information into larger, meaningful units to improve short-term memory capacity?

- A) Rehearsal
- B) Encoding
- C) Chunking
- D) Retrieval

3. According to Baddeley's model of working memory, which component is responsible for processing visual and spatial information?

- A) Phonological loop
- B) Central executive
- C) Episodic buffer
- D) Visuospatial sketchpad

4. Which phenomenon describes the tendency to recall the first and last items in a list better than the middle items?

- A) Serial position effect
- B) Proactive interference
- C) Retroactive interference
- D) Flashbulb memory

5. Which type of long-term memory involves the conscious recollection of specific facts and general knowledge?

- A) Procedural memory
- B) Episodic memory
- C) Semantic memory
- D) Implicit memory

6. What is the term for the cognitive bias where individuals overestimate their own knowledge or competence in a specific area?

- A) Dunning-Kruger effect
- B) Confirmation bias
- C) Availability heuristic
- D) Hindsight bias

7. Which sensory system involves the perception of the body's position and movement in space?

- A) Vestibular
- B) Proprioception
- C) Kinesthesia
- D) Olfaction

8. What type of memory is used for motor skills and habits, such as riding a bicycle?

- A) Explicit memory
- B) Declarative memory
- C) Procedural memory
- D) Sensory memory

9. What describes the failure to notice a stimulus when attention is focused elsewhere, such as the invisible gorilla experiment?

- A) Selective attention
- B) Inattentional blindness
- C) Change blindness
- D) Sensory adaptation

10. Which process involves the transformation of sensory input into a form that can be stored in the brain?

- A) Encoding
- B) Storage
- C) Retrieval
- D) Consolidation

11. In cognitive development, what term describes the ability to understand that objects continue to exist even when they cannot be seen?

- A) Conservation
- B) Object permanence
- C) Egocentrism
- D) Centration

12. Which cognitive heuristic involves estimating the probability of an event based on how easily examples come to mind?

- A) Representativeness heuristic
- B) Anchoring bias
- C) Availability heuristic
- D) Framing effect

13. What is the maximum capacity of short-term (working) memory according to George Miller's original research?

- A) 5 plus or minus 2 items
- B) 7 plus or minus 2 items
- C) 10 plus or minus 3 items
- D) 12 plus or minus 4 items

14. Which part of the brain is primarily associated with the regulation of emotion and the formation of emotional memories?

- A) Amygdala
- B) Thalamus
- C) Pons
- D) Medulla

15. What is the process of retrieving information by accessing a memory trace without external cues?

- A) Recognition
- B) Recall
- C) Relearning
- D) Reconstruction

16. Which theory suggests that memory is a constructive process that can be altered by later information?

- A) Decay theory
- B) Interference theory
- C) Schema theory
- D) Levels of processing theory

17. What refers to the inability to retrieve information from long-term memory that was previously available?

- A) Proactive interference
- B) Forgetting
- C) Amnesia
- D) Suppression

18. Which level of processing, according to Craik and Lockhart, leads to the longest-lasting memory traces?

- A) Structural
- B) Phonetic
- C) Semantic
- D) Acoustic

19. What is the term for the tendency to search for information that supports one's existing beliefs?

- A) Confirmation bias
- B) Self-serving bias
- C) Hindsight bias
- D) Availability bias

20. Which type of memory is highly fleeting and lasts only for a fraction of a second?

- A) Short-term memory
- B) Long-term memory
- C) Sensory memory
- D) Working memory