

Basics of Cognitive Psychology

Cognitive Psychology · Practice Test · 12 Questions

1. Which type of memory is responsible for holding information for a very short duration, typically less than 30 seconds?

- A) Long-term memory
- B) Short-term memory
- C) Procedural memory
- D) Episodic memory

2. Who is often credited with proposing the 'forgetting curve', which shows how information is lost over time?

- A) Hermann Ebbinghaus
- B) Sigmund Freud
- C) B.F. Skinner
- D) Jean Piaget

3. What term describes the process of organizing information into meaningful units to improve memory retention?

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

4. Which part of the brain is most famously associated with the formation of new memories?

- A) Cerebellum
- B) Hippocampus
- C) Brainstem
- D) Occipital lobe

5. The 'Cocktail Party Effect' refers to a person's ability to focus on a single stimulus while doing what?

- A) Ignoring background noise
- B) Learning a new language
- C) Memorizing long lists
- D) Solving complex math

6. Which psychological term describes the inability to recall events that occurred before a specific injury or trauma?

- A) Anterograde amnesia
- B) Retrograde amnesia
- C) Semantic memory loss
- D) Proactive interference

7. What is the capacity of 'Working Memory' traditionally suggested by George Miller's research?

- A) Infinite
- B) Two items
- C) Seven plus or minus two
- D) Exactly one item

8. Which cognitive process involves the interpretation of sensory information to give it meaning?

- A) Perception
- B) Sensation
- C) Conditioning
- D) Association

9. What type of memory allows us to remember how to perform skills, such as riding a bicycle or typing?

- A) Declarative memory
- B) Procedural memory
- C) Semantic memory
- D) Flashbulb memory

10. What is the 'top-down' processing approach in psychology characterized by?

- A) Using sensory input to build a concept
- B) Using pre-existing knowledge to interpret information
- C) Ignoring all external stimuli
- D) Focusing only on physical features

11. Which concept describes the process of repeating information to keep it in short-term memory?

- A) Elaboration
- B) Maintenance rehearsal
- C) Deep processing
- D) Retrieval practice

12. What is the psychological study of mental processes such as 'attention, language use, memory, and perception' called?

- A) Cognitive psychology
- B) Behaviorism
- C) Psychoanalysis
- D) Humanism