

Exploring Our Minds: Cognitive Psychology Basics

Cognitive Psychology · Answer Key · 8 Questions

1. What part of the brain is most associated with thinking, learning, and memory?

- A) The cerebellum
- B) The brainstem
- C) The cerebrum**
- D) The spinal cord

2. Which cognitive process allows us to notice and process information from our environment?

- A) Reasoning
- B) Perception**
- C) Decision-making
- D) Imagination

3. When you are trying to focus on a specific task and ignore distractions, what cognitive ability are you using?

- A) Sleep
- B) Memory
- C) Attention**
- D) Language

4. What is the process of acquiring new knowledge or skills called?

- A) Forgetting
- B) Learning**
- C) Dreaming
- D) Eating

5. Which type of memory holds a vast amount of information for a very long time, potentially a lifetime?

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

6. What is the ability to solve problems and make choices called?

- A) Emotion
- B) Motivation
- C) Reasoning**
- D) Reaction

7. When you recall a past event, what cognitive function are you primarily using?

A) Planning

B) Memory

C) Sensory input

D) Motor control

8. What does cognitive psychology study?

A) Physical fitness

B) The behaviour of animals

C) Mental processes like thinking and memory

D) The Earth's atmosphere