

Exploring Our Minds: Cognitive Psychology Basics

Cognitive Psychology · Practice Test · 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