

Cognitive Psychology Fundamentals

Cognitive Psychology · Practice Test · 10 Questions

1. Which type of memory holds information for only a few seconds before it is either processed further or lost?

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

2. What is the psychological term for the limited capacity to process incoming information at any given time?

- A) Cognitive load
- B) Neural plasticity
- C) Synaptic pruning
- D) Mental fatigue

3. The 'Serial Position Effect' suggests that people are most likely to remember items from which parts of a list?

- A) The middle only
- B) The end only
- C) The beginning and the end
- D) The beginning only

4. Which brain region is primarily responsible for the formation of new declarative memories?

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

5. In cognitive psychology, 'selective attention' refers to:

- A) The ability to multitask effectively
- B) Ignoring irrelevant stimuli while focusing on one task
- C) Remembering events from childhood
- D) The speed at which neurons fire

6. 'Chunking' is a memory strategy that involves:

- A) Repeating information out loud
- B) Grouping individual units into larger meaningful sets
- C) Visualizing information as a story
- D) Forgetting unimportant details

7. What does 'procedural memory' specifically store?

- A) Historical dates
- B) How to perform physical tasks and skills
- C) Personal life events
- D) Mathematical formulas

8. What is the 'Stroop Effect' used to measure in cognitive testing?

- A) Reaction time and interference in processing information
- B) Visual memory capacity
- C) Auditory processing speed
- D) Short-term verbal recall

9. Which process involves moving information from working memory into long-term storage?

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

10. What is 'metacognition' defined as?

- A) The study of dreams
- B) Thinking about one's own thinking processes
- C) The speed of neural transmission
- D) The physical structure of the brain