

Introduction to Cognitive Psychology

Psychology · Practice Test · 9 Questions

1. How many separate items can the average adult typically hold in their short-term memory at one time?

- A) 1-2 items
- B) 3-4 items
- C) 5-9 items
- D) 10-12 items

2. Which of the following best describes selective attention?

- A) The ability to perform multiple tasks simultaneously.
- B) Completely ignoring all sensory input.
- C) Focusing on one specific stimulus while filtering out others.
- D) Being unaware of your immediate surroundings.

3. What is the primary role of perception in cognitive psychology?

- A) To store information permanently.
- B) To interpret and organize sensory information.
- C) To generate new creative ideas.
- D) To control voluntary muscle movements.

4. What is the term for the process by which humans learn to understand and use language?

- A) Cognitive encoding
- B) Language acquisition
- C) Sensory perception
- D) Motor control

5. What is often the first crucial step in effectively solving a problem?

- A) Implementing a potential solution immediately.
- B) Evaluating possible solutions.
- C) Clearly defining and understanding the problem.
- D) Brainstorming all possible solutions without definition.

6. Which type of long-term memory stores personal experiences and events, such as what you did yesterday?

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

7. What is the term for the tendency to search for, interpret, favor, and recall information in a way that confirms one's pre-existing beliefs?

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

8. Which part of the brain is critically involved in the formation of new long-term memories?

- A) The cerebellum
- B) The amygdala
- C) The hippocampus
- D) The occipital lobe

9. What is metacognition often described as?

- A) The ability to learn new languages quickly.
- B) The process of forming automatic habits.
- C) Thinking about one's own thinking.
- D) Reacting instinctively to sensory stimuli.