

Introduction to Cognitive Psychology

Cognitive Psychology · Practice Test · 18 Questions

1. What is the term for the process of taking information into the brain?

- A) Encoding
- B) Storage
- C) Retrieval
- D) Forgetting

2. Which part of the memory system holds information for a very short duration, usually less than 30 seconds?

- A) Long-term memory
- B) Short-term memory
- C) Sensory memory
- D) Flashbulb memory

3. What is the ability to focus on specific stimuli while ignoring others called?

- A) Encoding
- B) Attention
- C) Intelligence
- D) Perception

4. Which term refers to the mental structures that help people organize and interpret information?

- A) Schemas
- B) Neurons
- C) Synapses
- D) Reflexes

5. What is the process of repeating information to keep it in short-term memory called?

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

6. What is the ability to retrieve information from long-term memory known as?

- A) Encoding
- B) Storage
- C) Recognition
- D) Recall

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

- A) Hippocampus
- B) Cerebellum
- C) Brain stem
- D) Occipital lobe

8. What is the process of grouping individual pieces of information into larger units called?

- A) Rehearsal
- B) Encoding
- C) Chunking
- D) Sensory input

9. Which type of memory involves the knowledge of facts and general world information?

- A) Procedural memory
- B) Episodic memory
- C) Semantic memory
- D) Implicit memory

10. What is the failure to notice a visible object when attention is directed elsewhere called?

- A) Inattentional blindness
- B) Sensory adaptation
- C) Perceptual set
- D) Encoding failure

11. Which type of memory includes skills and habits like riding a bike?

- A) Semantic
- B) Episodic
- C) Procedural
- D) Declarative

12. What does 'cognition' primarily refer to?

- A) Physical growth
- B) Mental processes
- C) Emotional regulation
- D) Social interactions

13. Which memory type refers to personal experiences linked to specific times and places?

- A) Semantic memory
- B) Episodic memory
- C) Procedural memory
- D) Sensory memory

14. What is the name for the mental shortcut used to solve problems quickly?

- A) Algorithm
- B) Heuristic
- C) Logic
- D) Insight

15. What do we call the initial stage of memory where environmental information is first received?

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

16. Which of these is considered a 'higher-order' cognitive process?

- A) Reflexive blinking
- B) Breathing
- C) Problem solving
- D) Heart rate

17. What is the tendency to remember the first items in a list called?

- A) Recency effect
- B) Primacy effect
- C) Serial effect
- D) Encoding effect

18. What is the mental process of organizing and interpreting sensory information called?

- A) Sensation
- B) Perception
- C) Encoding
- D) Attention