

Fundamentals of Cognitive Psychology

Cognitive Psychology · Answer Key · 8 Questions

1. Which part of the memory system is responsible for holding information for a very short time, such as remembering a phone number just long enough to dial it?

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

2. What is the psychological term for the process of focusing your awareness on a specific stimulus while filtering out others?

- A) Attention**
- B) Forgetting
- C) Dreaming
- D) Conditioning

3. In cognitive psychology, what is the 'encoding' process?

- A) Retrieving old memories
- B) Storing information permanently
- C) Transforming information into a format the brain can store**
- D) Forgetting unnecessary details

4. Which term describes the ability to mentally organize information into smaller, manageable units to make it easier to remember?

- A) Chunking**
- B) Encoding
- C) Perception
- D) Reflex

5. What type of memory allows you to store information for long periods, such as your home address or childhood experiences?

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

6. What do psychologists call the mental process of interpreting and organizing sensory information from our environment?

A) Perception

B) Reflex

C) Conditioning

D) Imagination

7. Which term refers to the process of bringing stored information out of long-term memory so it can be used again?

A) Encoding

B) Retrieval

C) Attention

D) Perception

8. What is the purpose of 'rehearsal' in cognitive psychology regarding memory?

A) To perceive new objects

B) To sleep better at night

C) To move information from short-term to long-term memory

D) To ignore distractions in a room