

Fundamentals of Cognitive Psychology

Cognitive Psychology · Practice Test · 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