

Fundamentals of Cognitive Psychology

Cognitive Psychology · Practice Test · 25 Questions

1. Which model of memory suggests that information must pass through sensory memory and short-term memory before being stored in long-term memory?

- A) The Levels of Processing Model
- B) The Atkinson-Shiffrin Multi-Store Model
- C) The Working Memory Model
- D) The Connectionist Model

2. What is the term for the inability to form new long-term memories following a brain injury?

- A) Retrograde amnesia
- B) Anterograde amnesia
- C) Source amnesia
- D) Dissociative amnesia

3. According to George Miller's research, what is the approximate capacity of short-term memory for unrelated items?

- A) 3 plus or minus 1
- B) 5 plus or minus 2
- C) 7 plus or minus 2
- D) 10 plus or minus 3

4. The 'Cocktail Party Effect' describes the cognitive ability to do what?

- A) Focus on a single auditory stimulus while filtering out background noise
- B) Remember faces better than names in social settings
- C) Switch attention rapidly between two complex tasks
- D) Retrieve memories triggered by specific scents

5. What type of memory is responsible for the conscious recollection of facts and personal experiences?

- A) Procedural memory
- B) Implicit memory
- C) Declarative memory
- D) Priming

6. Which psychological phenomenon explains why individuals remember the first and last items in a list more effectively than those in the middle?

- A) The Zeigarnik effect
- B) The Serial Position Effect
- C) The Availability heuristic
- D) The Framing effect

7. What is the 'central executive' a primary component of according to Baddeley and Hitch?

- A) Long-term memory
- B) Sensory register
- C) Working memory
- D) Procedural memory

8. Which heuristic involves judging the probability of an event based on how easily examples come to mind?

- A) Representativeness heuristic
- B) Availability heuristic
- C) Anchoring and adjustment
- D) Confirmation bias

9. What is the term for memory that is retrieved without conscious effort, such as riding a bicycle?

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

10. Who is known for developing the 'Forgetting Curve', which demonstrates that memory loss is most rapid shortly after learning?

- A) B.F. Skinner
- B) Hermann Ebbinghaus
- C) Jean Piaget
- D) Sigmund Freud

11. What cognitive bias occurs when a person's prior beliefs influence their interpretation of new evidence?

- A) Confirmation bias
- B) Hindsight bias
- C) Dunning-Kruger effect
- D) Fundamental attribution error

12. Which part of the brain is primarily associated with the consolidation of new explicit memories?

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

13. What is the difference between 'Top-down' and 'Bottom-up' processing?

- A) Bottom-up is driven by sensory input, top-down is driven by knowledge and expectations
- B) Top-down is faster, bottom-up is more accurate
- C) Bottom-up involves memory, top-down involves sensation
- D) There is no scientific difference between the two

14. In cognitive psychology, what is 'chunking'?

- A) A method to forget unwanted memories
- B) The grouping of information into meaningful units to improve memory capacity
- C) The process of retrieving information from the long-term store
- D) The mechanism of sensory adaptation

15. What is the term for the tendency to overestimate one's ability to have predicted an outcome after it has already occurred?

- A) The overconfidence effect
- B) Hindsight bias
- C) The anchoring effect
- D) The placebo effect

16. Which memory system holds information for a very short duration, usually less than a few seconds?

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

17. Which term refers to the mental framework or blueprint that helps humans organize and interpret information?

- A) Schema
- B) Heuristic
- C) Algorithm
- D) Prototype

18. What does 'metacognition' refer to?

- A) The study of animal cognition
- B) Thinking about one's own thinking processes
- C) The speed of neural transmission
- D) The chemical basis of memory

19. Which of these is considered a 'procedural' memory task?

- A) Recalling the capital of France
- B) Describing your first day at school
- C) Knowing how to tie your shoelaces
- D) Remembering a telephone number

20. What is the 'phonological loop' in working memory responsible for?

- A) Processing visual information
- B) Storing and rehearsing verbal and auditory information
- C) Coordinating attention
- D) Long-term storage of sounds

21. Which concept describes the difficulty of naming the color in which a word is written when the word itself names a different color?

- A) The Stroop Effect
- B) The McGurk Effect
- C) The Serial Position Effect
- D) The Hawthorne Effect

22. What is 'semantic memory'?

- A) Memory for specific life events
- B) Memory for general world knowledge and facts
- C) Memory for physical skills
- D) Memory for emotional experiences

23. Which cognitive theory suggests that we perceive the world as a whole rather than just a collection of parts?

- A) Behaviorism
- B) Gestalt psychology
- C) Structuralism
- D) Functionalism

24. What is the primary function of the amygdala in cognitive processing?

- A) Motor coordination
- B) Processing emotional significance and fear responses
- C) Regulating body temperature
- D) Language production

25. Which process involves focusing conscious awareness on a particular stimulus while ignoring others?

- A) Divided attention
- B) Selective attention
- C) Habituation
- D) Sensory adaptation