

Introduction to How We Think

Cognitive Psychology · Practice Test · 8 Questions

1. Which part of the brain is most closely associated with forming new memories?

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

2. What is the term for the process of taking in information through our senses?

- A) Perception
- B) Encoding
- C) Forgetting
- D) Dreaming

3. Which type of memory allows you to hold information in your mind for a very short time, like a phone number you just heard?

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

4. What is the cognitive process called when you focus your mental effort on a specific stimulus?

- A) Attention
- B) Imagination
- C) Relaxation
- D) Sleeping

5. Which type of memory helps you remember how to perform skills, like riding a bike?

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

6. What is the term for the mental process of organizing and interpreting sensory information?

- A) Perception
- B) Reflex
- C) Instinct
- D) Conditioning

7. What is the name for the 'mental maps' we create to help us navigate our environment?

- A) Cognitive maps
- B) Street maps
- C) Atlases
- D) Blueprints

8. Which cognitive process involves identifying, naming, and categorizing objects in the world around us?

- A) Concept formation
- B) Sleepwalking
- C) Daydreaming
- D) Reaction time