



Unit 2: Cognition

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1. **Bottom-Up Processing:** Processing that begins with the sensory input and builds up to perception.
2. **Top-Down Processing:** Processing that starts with a larger concept or idea and works down to the details.
3. **Schemas:** Cognitive frameworks that help organize and interpret information.
4. **Perceptual Set:** A mental predisposition to perceive stimuli in a particular way based on previous experiences, expectations, beliefs, and context
5. **Gestalt Psychology:** A psychological approach that emphasizes that the whole is greater than the sum of its parts.
6. **Closure:** The tendency to perceive a complete image even when there are gaps in the information.
7. **Figure / Ground:** The organization of the visual field into objects (the figures) that stand out from their surroundings (the ground).
8. **Proximity:** The tendency to group nearby figures together.
9. **Similarity:** The tendency to group together items that are similar in appearance
10. **Selective Attention (Cocktail Party Effect):** The ability to focus on one particular stimulus while ignoring others.
11. **Inattention Blindness / Change Blindness:** The failure to notice a visible change in the environment.
12. **Depth Cues:** Visual indicators that help perceive distance and depth.
13. **Monocular Depth Cues:** Depth cues that can be perceived with one eye.
14. **Relative Clarity:** The perception that objects that appear clearer are closer.
15. **Relative Size:** The perception that smaller objects are farther away.
16. **Texture Gradient:** The gradual change from a coarse, distinct texture to a fine, indistinct texture that indicates distance.
17. **Linear Perspective:** The perception that converging straight lines are farther away, and more separated straight lines are closer
18. **Interposition:** The perception that an object blocking another is closer.
19. **Binocular Depth Cue - Retinal Disparity:** The difference in images between the two eyes that helps perceive depth.
20. **Perceptual Constancy:** The ability to perceive objects as stable and unchanging despite changes in sensory input. (e.g. a person getting smaller in a hallway we perceive as getting further away, not shrinking)
21. **Autokinetic Effect:** The illusion of movement in a stationary point of light in a dark environment.
22. **Explicit Memory:** Conscious recall of facts.
23. **Episodic Memory:** Memories of specific events, including time, place, and details.
24. **Semantic Memory:** General knowledge, facts, concepts, and meanings.



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25. **Implicit Memory:** Unconscious recall of information.
26. **Procedural Memory:** Memory for the performance of particular types of action - "Muscle Memory"
27. **Prospective Memory:** The ability to remember to perform actions in the future. (e.g. "take your pills at 9pm", "take out the garbage on Thursdays")
28. **Long-Term Potentiation:** The process where repeated stimulation of neurons strengthens their connections. (e.g. the more you play piano, the more neurons associated with that activity grow and connect)
29. **Working Memory:** A temporary storehouse for information, also called short-term memory. (~20-30 seconds)
30. **Central Executive:** The component of working memory that controls and regulates cognitive processes.
31. **Phonological Loop:** The speech and sound-related component of working memory.
32. **Visuospatial Sketchpad:** The component of working memory that stores and manipulates visual and spatial information.
33. **Multi-Store Model:** A model that describes memory as consisting of sensory memory, short-term memory, and long-term memory.
34. **Sensory Memory:** The initial, brief storage of sensory information. Very short, very accurate
35. **Iconic Memory:** A type of sensory memory that holds visual information.
36. **Echoic Memory:** A type of sensory memory that holds auditory information. You are able to repeat back a phrase that you weren't consciously listening to.
37. **Short-Term Memory:** A limited capacity memory system that holds information for a brief period. ~20-30 seconds
38. **Long-Term Memory:** A relatively permanent and limitless storehouse of the memory system.
39. **Levels of Processing Model:** A theory that suggests that deeper levels of processing result in longer-lasting memory.
40. **Structural Processing:** Shallow processing that focuses on the physical structure/appearance of words - not good at moving information to Long Term Memory
41. **Phonemic Processing:** Moderate level of processing that focuses on the sound of words.
42. **Semantic Processing:** Deep processing that focuses on the meaning of words.
43. **Mnemonic Devices:** Techniques used to improve memory - memory aids (e.g. "ROYGBIV" "Never Eat Slimy Worms")
44. **Method of Loci:** A mnemonic device that involves visualizing items to be remembered in specific locations.



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45. **Chunking:** Grouping information into larger, manageable units to enhance memory.
46. **Spacing Effect:** The phenomenon where information is better retained when studied over spaced intervals.
47. **Serial Position Effect:** The tendency to recall the first and last items in a list better than the middle items.
48. **Primacy Effect:** The tendency to remember the first items in a list.
49. **Recency Effect:** The tendency to remember the last items in a list.
50. **Rehearsal:** The conscious repetition of information to enhance memory.
51. **Maintenance Rehearsal:** Rehearsal that keeps information in short-term memory.
52. **Elaborative Rehearsal:** Rehearsal that connects new information to existing knowledge for better long-term retention.
53. **Autobiographical Memory:** Memory of one's own life, including places, emotions, and sensory information.
54. **Retrograde Amnesia:** The inability to recall past memories because of newer information.
55. **Anterograde Amnesia:** The inability to recall new information because of past memories.
56. **Alzheimer's Disease:** A degenerative disease characterized by memory loss and cognitive decline, often associated with acetylcholine loss.
57. **Infantile Amnesia:** The inability to remember events from early childhood, typically before the age of three.
58. **Recall vs Recognition:** Recall involves retrieving information without cues (e.g. "fill in the blank"), while recognition involves identifying previously learned information with cues (e.g. multiple choice)
59. **Context-Dependent Memory:** Improved memory when the context at encoding and retrieval is the same.
60. **Mood-Congruent Memory:** The tendency to remember information that is consistent with one's current mood. (e.g. you tend to remember bad things when in a bad mood)
61. **State-Dependent Memory:** The tendency to remember information better when in the same physical or mental state as when it was learned.
62. **Testing Effect:** The phenomenon where periodic testing improves memory retention.
63. **Metacognition:** Thinking about one's own thinking, including planning and assessing understanding.
64. **Forgetting Curve:** A graphical representation of how information is lost over time, showing rapid loss initially followed by gradual decline.



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65. **Encoding Failure:** When information enters short-term memory but fails to transfer to long-term memory.
66. **Proactive Interference:** Difficulty in remembering new information due to old information.
67. **Retroactive Interference:** Difficulty in remembering old information due to new information.
68. **Inadequate Retrieval:** Insufficient triggers available to help retrieve stored information from memory.
69. **Tip-of-the-tongue Phenomenon:** The inability to recall a known word despite feeling it is known.
70. **Repression:** The blocking of traumatic experiences or memories.
71. **Misinformation Effect:** The tendency for post-event information to interfere with original memory.
72. **Source Amnesia:** The inability to remember the source of a memory, leading to confusion about its origin.
73. **Constructive Memory:** The idea that memories are not exact replicas but are reconstructed from various pieces of information.
74. **Memory Consolidation:** The process of solidifying information in long-term memory.
75. **Imagination Inflation:** A type of memory distortion that occurs when imagining an event increases confidence in the memory of that event.
76. **General Intelligence (g):** A construct that suggests a single factor underlies various cognitive abilities.
77. **Intelligence Quotient:** A measure of intelligence calculated as $(\text{Mental Age} / \text{Chronological Age}) * 100$.
78. **Psychometrics:** The field of study concerned with the theory and technique of psychological measurement, including testing and assessment.
79. **Standardization:** The process of transforming test results to a fixed distribution.
80. **Validity:** The accuracy of a test in measuring what it is intended to measure.
81. **Construct Validity:** The degree to which a test measures the theoretical construct it is intended to measure.
82. **Predictive Validity:** The extent to which a test predicts future outcomes.
83. **Reliability:** The consistency of a test's results over time.
84. **Test-Retest Validity:** The consistency of results when a test is administered multiple times.
85. **Split-Half Validity:** A statistical method used to measure how well different parts of a test compare.
86. **Stereotype Threat:** The concern about confirming a negative stereotype about one's group, which can affect performance.



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87. **Stereotype Lift:** The phenomenon where performance improves when exposed to negative stereotypes about other groups.
88. **Flynn Effect:** The observed rise in IQ scores over time.
89. **Achievement Test:** Tests designed to measure knowledge.
90. **Aptitude Test:** Tests designed to predict future performance or skill application.
91. **Fixed Mindset:** The belief that intelligence is stable and unchangeable.
92. **Growth Mindset:** The belief that intelligence can be developed and improved.