**Cognitive Psychology 3 rd Year Licence**

**Multiple Choice Questions**

1. Which of the following is NOT a characteristic of cognitive psychology?

1. A collaborative relationship between client and therapist
2. A focus on changing cognitions to produce desired changes in emotions and/or behavior
3. The belief that psychological distress is largely the result of a disturbance in cognitive processes
4. A long-term treatment process with a broad focus

2. Choose the best definition of cognitive psychology from the following:

1. Cognitive psychology is the branch of psychology that focuses on the way people process information
2. Cognitive psychology is the branch of psychology that verbally processes emotional distress
3. Cognitive psychology is the study of why we do the things we do.
4. None of the answers gives a good definition of cognitive psychology
5. **The student of mental activity and thinking, broadly conceived, is called \_\_\_\_\_\_**

**a. cognitive science**

b. mind science

c. cognitive studies

d. mind studies

2. **When did the cognitive revolution occur?**

a. early 1970s

b. late 1950s

c. late 1850s

d. mid-1940

**3. The act of taking in information and converting it to a usable mental form is …..**

.a. STM

b. Connectionism

c. retrieval

d. Encoding

**Essay Questions:**

#### 1.What is an example of cognitive psychology?

#### 2.How do we use cognitive psychology in everyday life?

3. What are the three major assumptions of cognitive psychology? Why is each considered important?

4. What are the three main memory stores in the standard model of memory?

5. How does the brain bridge the gap between perception and action?

6. How does the brain process language, and how does this influence communication?