Psychology 120: Memory and Cognition

1. Cognition: all the mental actions performed by an organism
2. Concept is the mental categorization of similar entities
3. Prototype is the ideal example of a concept
4. Tracking : Placing students in intelligence-dependent classes such as “remedial” or “advanced” courses that tend to continue across different school years
5. Heuristic is a best guess method that often allows us to make decisions and solve problems (speedier but error-prone)
6. An Algorithm is a systematic, step-by-step procedure that guarantees solving a particular problem
7. Insight: an abrupt and original realization of the answer to a problem
8. Hindsight Bias: after an event occurs, believing you knew the event would take place prior to it happening
9. Confirmation Bias: looking for evidence to prove your belief true
10. Fixation is being unable to see an issue from a different point of view
11. Framing is the way an issue is worded can change how people respond to it
12. Semantics is the meaning of words, morphemes, and sentences created by the grammar system
13. Belief Perseverance is continuing to believe something even after it has been proven wrong
14. Crystallized Intelligence  *(knowledge accumulation):* only **increases** as you get older
15. Schooling Effect : IQ scores **improve during the school year** and fall over the summer months when students are not in school.
16. linguistic determinism is the idea that language establishes our cognition
17. Stereotype Threat: when worry about being evaluated based on a negative stereotype causes the stereotype to come true
18. Syntax is the order for combing words in a given grammar system
19. Phonemes is the smallest sound unit in a language
20. Morphemes is the smallest unit of meaning in a language
21. Mental Set: solving issues by using the same strategies from the past.
22. Functional Fixedness: only viewing items being useful for their typical purpose.
23. Barnum Effect: believing very vague descriptions personally apply to you.
24. Emotional intelligence is the ability to perceive, express, regulate, and understand emotions.
25. Fluid Intelligence *(speed of mental processing):* increases until late 20s then decreases over time.
26. Encoding: The process of getting information into the memory system.
27. Storage: the retention of encoded information in memory over time.
28. Retrieval: The process of getting information out of memory.
29. Effortful processing: Encoding that requires attention and conscious effort.
30. Sematic encoding: Encoding of meaning
31. Mnemonic: A memory trick or technique
32. Chunking : Organizing information into meaningful units
33. Sensory memory: Brief initial coding of sensory information in the memory
34. **Repression**” Psychoanalytical theory- the process of moving anxiety-producing memories to the unconscious mind.
35. Misinformation effect: incorporating misleading information into a memory of an event.

Part B. List the **nine multiple intelligences** and be able to **explain what they mean.**

Visual/Spatial

Verbal/Linguistic

Logical/Mathematical

Bodily/Kinesthetic

Musical/Rhythmic

Interpersonal

Intrapersonal

Naturalist

Existential