**Week Four**

Chapters 7 & 8

Thinking & Intelligence & Memory,

What is Intelligence?

Frontal lobe function:

https://youtu.be/Vee0myoryG8

Neuro-processing Cognition & Reasoning, Cognitive Distortions, Memory Process

https://beckinstitute.org/wp-content/uploads/2021/08/Testing-Your-Thoughts-Worksheet.pdf

Memory Functioning:

https://youtu.be/51pPsbV-e9s?si=XDVw849gxZMGI0Li

Personality Theory:

https://gaillouisehunter.wixsite.com/psychology/teaching

Map of Consciousness: Google search

Podcast:

https://youtu.be/W0vTZrZny6A?si=0y6l14brSKeswEGV

Test

1.

Neuro Structures

2.

Neurotransmitters

3.

Brain wave frequency levels

4.

2 brain imaging assessments

5.

Levels of consciousness

6.

2 theoretical purposes for sleep

Reflect on 2 experiences within the last 2 weeks at or below the 200/Courage frequency level and 3 above 200.

1. What is the situation? You might be having thoughts about something that just happened in the environment or something that happened inside of you (e.g., an intense emotion, a painful sensation, an image, a daydream, a flashback or a stream of thoughts, such as thinking about my future).

2. What am I thinking or imagining?

3. What is the cognitive distortion? (optional)

4. What makes me think the thought is true?

5. What makes me think the thought is not true or not completely true?

6. What’s another way to look at this?

7. If the worst happens, what could I do then?

8. What’s the best that could happen?

9. What will probably happen?

10. What will happen if I keep telling myself the same thought?

11. What could happen if I changed my thinking?

12. What would I tell my friend or family member [think of a specific person] if this happened to him or her?

13. What would be good to do now?

Check Point

Prepare your Major Assignments:

• 2 - page APA format report on the

Fantastic Four Movie or The Devil Wears Prada 2

• Canva Spiral Notebook – One Chapter per page

4 – 5 Sentences (interesting and memorable)

• Padlet Dream Board (any topic/s)

Please read Chapter 7 and answer these Review Questions.

**1**.Cognitive psychology is the branch of psychology that focuses on the study of \_\_\_\_\_\_\_\_.

1. human development
2. human thinking
3. human behavior
4. human society

**2**.Which of the following is an example of a prototype for the concept of leadership on an athletic team?

1. the equipment manager
2. the scorekeeper
3. the team captain
4. the quietest member of the team

**3**.Which of the following is an example of an artificial concept?

1. mammals
2. a triangle’s area
3. gemstones
4. teachers

**4**.An event schema is also known as a cognitive \_\_\_\_\_\_\_\_.

1. stereotype
2. concept
3. script
4. prototype

**5**.\_\_\_\_\_\_\_\_ provides general principles for organizing words into meaningful sentences.

1. Linguistic determinism
2. Lexicon
3. Semantics
4. Syntax

**6**.\_\_\_\_\_\_\_\_ are the smallest unit of language that carry meaning.

1. Lexicon
2. Phonemes
3. Morphemes
4. Syntax

**7**.The meaning of words and phrases is determined by applying the rules of \_\_\_\_\_\_\_\_.

1. lexicon
2. phonemes
3. overgeneralization
4. semantics

**8**.\_\_\_\_\_\_\_\_ is (are) the basic sound units of a spoken language.

1. Syntax
2. Phonemes
3. Morphemes
4. Grammar

**9**.A specific formula for solving a problem is called \_\_\_\_\_\_\_\_.

1. an algorithm
2. a heuristic
3. a mental set
4. trial and error

**10**.A mental shortcut in the form of a general problem-solving framework is called \_\_\_\_\_\_\_\_.

1. an algorithm
2. a heuristic
3. a mental set
4. trial and error

**11**.Which type of bias involves becoming fixated on a single trait of a problem?

1. anchoring bias
2. confirmation bias
3. representative bias
4. availability bias

**12**.Which type of bias involves relying on a false stereotype to make a decision?

1. anchoring bias
2. confirmation bias
3. representative bias
4. availability bias

**13**.Fluid intelligence is characterized by \_\_\_\_\_\_\_\_.

1. being able to recall information
2. being able to create new products
3. being able to understand and communicate with different cultures
4. being able to see complex relationships and solve problems

**14**.Which of the following is not one of Gardner’s Multiple Intelligences?

1. creative
2. spatial
3. linguistic
4. musical

Please read Chapter 8 and answer these Personal Application Questions:

**21**.Describe something you have learned that is now in your procedural memory. Discuss how you learned this information.

**22**.Describe something you learned in high school that is now in your semantic memory.

**23**.Describe a flashbulb memory of a significant event in your life.

**24**.Which of the seven memory errors presented by Schacter have you committed? Provide an example of each one.

**25**.Jurors place a lot of weight on eyewitness testimony. Imagine you are an attorney representing a defendant who is accused of robbing a convenience store. Several eyewitnesses have been called to testify against your client. What would you tell the jurors about the reliability of eyewitness testimony?

**26**.Create a mnemonic device to help you remember a term or concept from this chapter.

**27**.What is an effective study technique that you have used? How is it similar to/different from the strategies suggested in this chapter?