

PSY 331 Cognitive Psychology

Study Guide for Eysenck and Brysbaert Chapter 7: Everyday memory

Study reminder: Use spaced retrieval practice—avoid rereading and cramming.

Key Terms. You should be able to explain and give examples of the following terms.

saying-is-believing effect

autobiographical memory

flashbulb memories

repression

recovered memories

false memories

childhood amnesia

reminiscence bump

life script

post-event misinformation effect

source misattribution

unconscious transference

cross-race effect

confirmation bias

weapon focus

own-age bias

time-based prospective memory

event-based prospective memory

metamemory

Practice answering the following essay questions:

1. Why are some autobiographical memories easier to recall than others?
2. What are some factors that affect eyewitness memory accuracy?
3. Why does prospective memory fail, and how can prospective memory be improved?
4. What is the cognitive interview, and how well does it work?

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Study Guide for Eysenck & Brysbaert (2018) Chapter 10: Judgment, decision making, and reasoning

Study reminder: Use spaced retrieval practice—avoid rereading and cramming.

Key Terms. You should be able to explain and give examples of the following terms.

judgment	deductive reasoning
decision making	premises
base-rate information	syllogism
heuristics	belief bias
representativeness heuristic	conditional reasoning
conjunction fallacy	matching bias
availability heuristic	deontic rules
recognition heuristic	mental model
omission bias	principle of truth
loss aversion	principle of parsimony
framing effect	informal reasoning
sunk-cost effect	myside bias
bounded rationality	dysrationalia

Practice answering the following essay questions.

1. Why do people use heuristics when making judgments, and how effective are they?
2. Explain how tasks such as the Wason card selection task and the Monty Hall problem show that human decision making and reasoning are not always logical or rational.
3. Describe some of the experimental evidence that shows how people often ignore base-rate information when making judgments.
4. How do people make complex decisions in everyday life?

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Study Guide for Eysenck & Brysbaert Chapter 11: Cognition and Emotion

Study reminder: Use spaced retrieval practice—avoid rereading and cramming.

Key Terms. You should be able to explain and give examples of the following terms.

cognitive (re)appraisal
nonconscious processing
emotional regulation
attentional narrowing
mood-state-dependent memory
mood congruity
optimism bias

Urbach-Wiethe disease
personal moral dilemma
attentional bias
interpretative bias
homographs

Practice answering the following essay questions:

1. Discuss how cognition can influence emotion.
2. Discuss how emotion can influence cognition.
3. Explain the process model of emotional regulation, specifically how attentional deployment and cognitive change work.
4. Define mood-state-dependent memory, and explain how it can affect the encoding and retrieval of memories.
5. Explain how anxiety is related to attentional and interpretative biases, and what the findings mean for therapy.