Cognition Journal

Journal Entry 1: Memorizing

Think about your own memory system. Based on your life experience…

• What’s your best strategy for memorizing something?
• What helps you memorize something faster or more effectively?
• What makes some concepts harder to memorize and others easier?
Cognition Journal

Journal Entry 2: Memory Retrieval

Have you ever experienced any of the following? If so, what was the experience like? Write about as many as you can (that apply to you) in the time allotted.

- **Source Amnesia**: knew something but forgot where you learned it
- **Mood-Congruent Memory**: were in a particular mood, then thought of other memories in that same mood
- **Failure to Encode**: too much material made it difficult to actually learn any of it
Cognition Journal

Journal Entry 3: First Word

What was the first word you spoke as a baby? (If you don’t know your first word, guess what first word you think is most common)

- Why do you think that was your first word? Explain any/all reason(s) you can think of.
- How do you think you learned that word?
- How do you think babies learn to speak in general?
- What would be some potential impediments to babies learning to speak?
Cognition Journal

Journal Entry 4: Animal Thinking

Do you think your pet is capable of thought? (if you don’t have a pet, think of pets in general)
- Give an example from your/your pet’s life experience to support your answer.
- If you answer yes, then how do you believe they “think” since they can’t think in words like we do?

What five animals do you think are the world’s most intelligent? Explain why.