**University of Relizane**

**Department of English**

**Third Year**

**First Course : Cognitive psychology( part one)**

* **What is Cognitive psychology ?**
* **The Impact of Cog-psychology**

Cognitive psychology is the science of how we think. It’s concerned with our inner mental processes such as attention, perception, memory, action planning, and language. Each of these components are pivotal in forming who we are and how we behave.

The thoughts related to these concepts can be conscious or nonconscious – we might consciously make an effort to focus our attention on a lecture for example, but the light flickering in the room could trigger a nonconscious shift elsewhere.

Many cognitive psychologists refer to this field as encompassing both the traditional cognitive psychology approach.It investigates the way the human brain represents information. It seeks to explore the underlying processes involved through experimentation, computer modelling and neuropsychology. Theories attempt to understand how information is encoded in the brain at macro and micro levels.

**The beginnings of cognitive psychology :**

Behavioral psychology starts with the precept that all human behavior is learned and adaptable to the context and environment it’s in. Behavior can be reinforced or punished in various ways, leading to increases or decreases of certain actions. As life progresses, a set of behaviors is ultimately shaped by these experiences giving rise to a multifaceted human with varying interests, desires, pursuits, skills, and habits.

Cognitive psychology on the other hand essentially assumes more agency – thoughts and feelings are seen as more active in the process of behavior formation.

## The Impact of Cognitive Psychology

As you can see, the field of cognitive psychology is both broad and diverse, yet it touches on so many aspects of daily life.

Research on cognitive psychology may at times seem academic and far-removed from the problems you face in everyday life, yet the findings from such scientific investigations play a role in how professionals approach the treatment of mental illness, traumatic brain injury, and degenerative brain diseases.

Thanks to the work of cognitive psychologists, we can better pinpoint ways to measure human intellectual abilities, develop new strategies to combat memory problems, and decode the workings of the human brain—all of which ultimately has a powerful impact on how we treat cognitive disorders.

The field of cognitive psychology is a rapidly growing area that continues to add to our understanding of the many influences that mental processes have on our health and daily lives .The field of cognitive psychology is both broad and diverse, yet it touches on so many aspects of daily life.

Research on cognitive psychology may at times seem academic and far-removed from the problems you face in everyday life, yet the findings from such scientific investigations play a role in how professionals approach the treatment of mental illness, traumatic brain injury, and degenerative brain diseases.

Thanks to the work of cognitive psychologists, we can better pinpoint ways to measure human intellectual abilities, develop new strategies to combat memory problems, and decode the workings of the human brain—all of which ultimately has a powerful impact on how we treat cognitive disorders.

The field of cognitive psychology is a rapidly growing area that continues to add to our understanding of the many influences that mental processes have on our health and daily lives.