Adjustment Mind-Map

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Timeline

Description automatically generated

According to Piaget's Theory of Cognitive Development,

Assimilation

Assimilation is the process of using or transforming the environment so that it can be placed in preexisting cognitive structures.

Accommodation

Accomodation is the process of changing cognitive structures in order to accept something from the environment.

Eg-1  
A young child may have an existing schema for dogs. She knows that dogs have four legs, so she might automatically believe that all animals with four legs are dogs.

When she later learns that cats also have four legs, she will undergo a process of accommodation in which her existing schema for dogs will change and she will also develop a new schema for cats.

Eg-2  
imagine a young boy raised in a home that presents a stereotyped schema about another social group. Because of his upbringing, he might even harbor  [prejudices](https://www.verywellmind.com/what-is-prejudice-2795476) toward people in this group.

When the young man moves away to college, he suddenly finds himself surrounded by people from this group. Through experience and real interactions with members of this group, he realizes that his existing knowledge is completely wrong. This leads to a dramatic change, or accommodation, in his beliefs about members of this social group.

Conclusion

Basically, any time you learn new information that does not change your core beliefs, the information is being assimilated into your cognitive processes. If you change your mind about your core beliefs based on the information, that would be an example of accommodation.

Both processes are used simultaneously and alternately throughout life.

References:

<https://www.massey.ac.nz/~wwpapajl/evolution/assign2/DD/theory.html#:~:text=Assimilation%20is%20the%20process%20of,simultaneously%20and%20alternately%20throughout%20life>.

<https://www.verywellmind.com/what-is-accommodation-2795218#:~:text=She%20knows%20that%20dogs%20have,a%20new%20schema%20for%20cats>.