In computer programming, the terms "argument" and "parameter" are often used interchangeably, but they have slightly different meanings depending on the context. Let's clarify their distinctions:

1. Parameter: A parameter is a variable or placeholder in the function declaration or definition. It defines the type and name of the data that a function expects to receive. In other words, it is a variable used to represent a value that is passed into a function. Parameters are defined when the function is declared and serve as placeholders for the actual values that will be passed as arguments when the function is called.

For example, consider the following function declaration in Python:

```
def greet(name):
    print("Hello, " + name + "!")
```

Here, `name` is a parameter of the `greet` function. It defines the input the function expects, which is a string representing a person's name.

2. Argument: An argument is the actual value or expression that is passed to a function when it is called. In other words, it is the value assigned to a parameter during a function call. When a function is invoked, you provide arguments that correspond to the parameters defined in the function declaration.

Using the previous example, when we call the `greet` function with an argument like this:

```
greet("Alice")
```

The string `"Alice"` is the argument being passed to the `name` parameter in the function. The function will print "Hello, Alice!" as a result.

In summary, parameters are the placeholders in a function declaration that define the input the function expects, whereas arguments are the actual values passed to those parameters when the function is called.