

# PSY102: Introduction to Cognitive Psychology

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What ideas or concepts from PSY102 (Intro to Cog Psych) do you think will be most useful to you in your life and/or schoolwork beyond this course? As a reminder, here is a list of topics covered this semester: [...]

The sections on memory and attention would probably be most relevant for me as a student who has to be able to learn and process a lot of new information. Problem-solving and decision-making are also very important aspects of being a student as well as dealing with different challenges throughout life.

Perception, attention, and all the units on memory

The topics on memory, as well as perception and attention

To be honest I'm not sure that anything I learned will be particularly useful in my life beyond this course, other than that I have a better understanding of how my brain actually processes my everyday life.

I am really interested in cognitive psych/science in general. I am not sure I will necessarily focus my academics on it, but I am majoring in philosophy and particularly interested in philosophy of mind. I am planning on doing an interdepartmental psych/evanth major as well and plan on studying human cognition (and decision making) from an evolutionary perspective in order to better understand life in society (political ideologies, etc.). I think all the topics we covered have certainly helped me build a better understanding of human cognition.

attention working memory long term memory - encoding, implicit learning, semantic, procedural

Attention, LTM pt. 1, Problem-solving

I think memory (Short-term, memory structure, encoding, retrieval, memory error) and Problem solving and Decision making will be the most useful. Memory is useful for schoolwork and everyday tasks, and I think problem solving and decision making are important skills to understand in any profession. Also, since I want to be an elementary school teacher, I think language will be helpful too.

Attention, Short-term memory, Long-term memory, Language

N/A

perception, memory, knowledge, general cog psych

Attention, perception, judgement, visual imagery

Anything involving memory. And attention.

Honestly, all the elements of this course seemed especially relevant to everyday life.

I thought the problem-solving section was really interesting and helpful.

All of the knowledge about memory and judgement/ problem solving.

Long term memory: encoding, retrieval, and consolidation was the most helpful and practical unit in my opinion, as it offered explanations for how we process information and how we can process info more efficiently.

All of the psychological concepts are useful to apply in a practical aspect. However, linking the abstract/theoretical with the practical would be helpful.

Long-term memory: encoding, retrieval, & consolidation, everyday memory & memory errors, Language, Judgment, Decisions, & Reasoning

I think acknowledging how the memory works and how your brain works with it (for example I have a terrible episodic memory) is important.

All of these topics are something that I felt I could apply in real world scenarios. Many of the topics and discussions were really interesting and definitely can carry with the class beyond just lecture.

## What was the most useful thing you learned from section?

The techniques we learned in areas like memory and attention

I think it was very useful to learn about tips on improving memory/how to study for a test

the various daily memory errors we learned in a few different sections

Good study techniques for the course

what memory errors are, that I have poor STM

all was pretty useful when expanding upon lesson and lecture topics

Memory discussion was super useful to me because I have a notoriously bad memory, so it was cool to have some vocabulary to actually think about what I mean when I say I have a bad memory and to have some strategies to work around it.

How to read academic psychology papers

Provided deeper understanding of the concepts and examples that were easier to understand

The evolutionary advantages of the information we were learning in lecture

encoding specificity paper

Exemplars vs. prototypes

Short term memory

How to read academically.

attention and perception

How to discuss political concepts that are extremely complicated in a more simplified manner

I would say a general deep dive into key material that would be presented on exams and also that has important relevance to our everyday life.

Attention

reviewing confusing material from the book or from lectures

How to study

how different parts of the brain can be shut off and other parts can still function ( double dissociation)

## Was there anything not useful that was included in section?

I probably won't remember the specifics of a lot of the papers, but they helped solidify some important concepts

I did not find some of cog labs very helpful in my understanding of the material because I would not get the same results as the global data

the demo about language

I don't think the minute papers helped me.

some of the readings, I already understood and didn't feel like I needed a whole class to go over them

no

Not that I can think of.

N/A

Reviewing material that wasn't covered recently was difficult

N/A

N/A

Found it difficult to distinguish between what neuroscience would be relevant/important and what we needed to learn that wasn't discussed in class

Knowledge because being aware of it does not change my use.

Coglabs did not seem to be worth the time in my opinion

not in section

no

I would say that certain Cog Lab demos and studies were a bit abstract for my liking and honestly made some phenomena harder to grasp

N/A

no

Just learning all the models that were ultimately wrong I guess

No

## What is at least one thing that you like about your TA & her teaching style?

She is very thorough in covering the material and going over information again at the next discussion section. This really helped me remember the different articles and their main concepts. She's also very available to students and strives to find useful information for us based on the questions we ask and what we're learning.

I really like her teaching style during discussion sections. The only time I did not understand her was when she gave one of the class lectures - she talked very fast and went through the material very quickly, which may have been because there was a lot of material that she had to cover.

She is very kind and obviously very willing to help students understand. She is also very knowledgeable about the material and can answer most questions clearly. Our section activities were very well organized.

Christina is very nice and always creates a comfortable environment for discussion. I like how discussion is laid back and really serves to summarize what we have been doing in class.

she took the time to answer people's questions thoroughly

engaged

She does a great job of breaking down papers and their complex concepts and connecting them to real life situations to make them understandable.

I liked how she sat down with us at the table. Just that simple move changed the dynamic so it wasn't her talking at us but more of a discussion. It made her more accessible to ask questions and turned it into a conversation about psychology.

Christina was very patient and helped provide different perspectives on understanding the material

She is very personable and open, doesn't make us feel like there are bad questions, very knowledgeable and gives great, thorough explanations.

very knowledgeable in cog psych

Open to questions that may seem "obvious" or "stupid" without acting surprised or condescending.

Very open to questions and is willing to do more research to answer any questions that she might not be prepared for.

Christina was VERY professional. She was fair in grading participation and always available when needed.

Very helpful. Explained things well and made a lot more sense than they did when we were taught them in lecture.

She did a great job of making sure that everyone understood the papers we read and the concepts that we covered in class.

Christina was talented at lecturing and keeping the discussion engaging and interactive. She was knowledgeable and could also answer nearly any specific question that we could present to her on the spot.

She's cute

I really appreciate how approachable she is! She is always open to questions about anything (lecture, textbook, discussion sections) and explains concepts clearly.

Very receptive to the group, made sure that everything needed to know/do was run through

She goes in depth about the topics and readings that we are suppose to do. I never leave her discussion class confused about any topics. She makes sure that we all understand what we did for homework as well as the lectures.

## In what ways could your TA 1) improve and 2) have better supported your learning?

I think she could improve in getting people who don't usually talk to participate more in discussion, but this also depends on how much people want to participate.

N/A

maybe work on answering questions in such a way that it is certain that the student actually understands the answer. this could have better supported my learning a few times

I like seeing how the psychological concepts we learn in class can be applied and used in everyday life. I would have liked to see more real-world applications.

I doubt this is in your control, but I felt like if they had not been mandatory I would have only come when I needed help on specific topics and paid more attention then rather than not really needing help and feeling like I was taking time away from other projects/assignments

maybe add more examples and in class simulations of the lessons

None that I can think of

I think if there was an open question section at the end just to ask questions about anything, whether it was learned in discussion or during lecture, it would improve my learning. Christina did address that with her minute papers but these were usually addressed in the following section, which meant there was a week of lecture in between that you could've been missing the basis for.

Looked deeper at articles, or choosing articles that were easier to understand

1) Be more aggressive for people to participate

make learning more interesting through the use of activities as opposed to lecturing around the table

Have information that is being taught placed in very explicit language on the visual aid. I found it difficult sometimes to understand what was actually being taught, as I have a very hard time understanding graphs and data without any prompting information.

1) More engaging activities after explaining the core concepts 2) Asking us about what the papers were about sometimes felt futile since nobody understood for sure. That would have been better to explain directly

Our TA could improve in being more proactive in reaching out to us about deadlines and whatnot, and they could have better supported our learning in more remediation in section.

This is not necessarily the job of the TA but we spent alot of time going over the papers which was really helpful but it would be nice to go over more relevant lecture material in section because when we did it was really helpful.

She was great! If you're looking for the nitty gritty she could have made slide shows a little less complicated with less graphs and charts but besides that there are no complaints from me.

I really do not have an answer for that, as Christina and the discussion period was genuinely helpful and quite insightful. I felt as though the Cog lab demos and research studies were at times antiquated and confusing, but to my knowledge, those were selected by our primary instructor.

N/A

When she gave a lecture to the class, I felt that she could have gone a little slower because I got lost after a little while.

I guess just understand what we don't understand better

Outstanding TA

Was there anything the TAs could have done better to help you better understand the academic articles you read? In other words, did you feel like you learned how to read primary journal articles within the cognitive psychology field? If yes, what helped you? If not, what could have helped you?

I felt like discussion sections really helped me break down and understand the articles, especially the methods used and how researchers arrived at the conclusions.

I felt that I learned how to read journals better. Christina went over each article very well and explained the big picture that was difficult for me to see when I read them.

I think i got better at reading academic articles. One thing that could have helped would be to have some of the key takeaways written on the slides

I think Christina did a great job outlining how to read psych papers and this really helped me when I had to read the papers on my own.

I already knew how to read these articles. some were fairly interesting, others didn't really bring about any new understanding

yes they definitely helped breakdown articles.

Breakdown of articles really helped

I did. The first class when we discussed how to read it in depth really helped, as I had never read an academic article before. Also, just the repeated practice of it made it easier.

I improved, it's still difficult to read cognitive psychology articles

Yes, Christina reviewed the articles carefully with us clarified any questions we had.

difficulty in journal articles ranged throughout the course so it may have been better to start with the easier ones

I personally am not a big fan of reading primary articles before having discussed the material. I find it difficult to interpret without prior context.

I already knew how to read the articles but data interpretation was difficult sometimes. Nothing wrong to say about TA's, just an inherent problem I have. Acted as good practice and their explanation made sure I didn't misinterpret.

Honestly it is just something you learn by doing. The TA's did a good job at making sure the papers correlated with what we were studying.

Yes, breaking down the articles was helpful and the powerpoints that had notes and slides explained was also really useful especially when reviewing for the exams.

Yes they did great.

Sort of. Some of the papers were antiquated and rather boring, making them harder to inherently follow. Christina was certainly helpful in explaining many of the charts associated with the studies that displayed the evidence and results.

Yes, but a summary would have helped

No. I felt like most of the articles did help me to learn something in the field of cognitive psychology, but some of the studies, especially the early ones, were very long and confusing. The reasons that they were included in the course were sometimes hazy.

Run through formal definitions that the articles might have used complex language to define. It helped me learn how to efficiently read them which did help.

Yes, if i was confused about something that I read, Christina would make it clear in discussion class.