

Cognitive psychology

[Psychology](#)



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Your full July 27, Cognitive Psychology I have learned that the main focus of this branch of psychology is on the way people get hold of, store, and retrieve information in their brains. It helps us study the internal mental states of an individual. Hence, it is unlike behaviorism that only focuses on observable behaviors. It was easy for me to grasp concepts about cognitive psychology when I looked at the many advantages it offers to the psychologists. For example, I learnt that it helps in cognitive research regarding enhancing memory, improving decision-making capability, and designing such educational curricula that helps enhance the learning process. I have done some research on the positive side of cognitive psychology, and I learnt that cognitive psychology uses scientific research processes, like experiments, to study human mind and collect data, which makes it an objective kind of psychology. This makes it different from psychoanalysis, which is based merely on subjective perceptions. I am always very interested in how psychologists keep track of how much information humans can store in memory simultaneously; how different sensory inputs are mixed together to generate high-end inferences; and, how knowledge is represented in human brains. This interest of mine has made the study of cognitive psychology very easy for me during the whole semester, and I have really enjoyed studying about how this branch of psychology was different from behaviorism, since my main objection with behaviorism was that it made the field of psychology less philosophical, and based the results merely upon empirical data without any judgment and reasoning.