New CED – Cognition Practice Exam (Sample)

Study Guide

Everything you need from our exam experts!

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- **Practice answering questions under realistic conditions,**
- **Improve accuracy and speed,**
- **Review explanations to strengthen weak areas, and**
- **Approach the exam with greater confidence.**

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here’s how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don’t just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There’s no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

1. What type of memory consists of facts and experiences that are consciously recalled?

A. Implicit Memory

B. Procedural Memory

C. Episodic Memory

D. Declarative Memory

2. What cognitive bias may occur when individuals rely too heavily on initial impressions when making decisions?

A. Overconfidence Bias

B. Confirmation Bias

C. Anchoring Bias

D. Representativeness Heuristic

3. Which of the following best describes cognitive flexibility?

A. The ability to remember information accurately

B. The capacity to adapt thinking strategies to new situations

C. The tendency to recall previously learned skills

D. The inclination to avoid complex tasks

4. Which mnemonic technique involves associating items with familiar physical locations?

A. Method of loci

B. Acronyms

C. Chunking

D. Story method

5. Which cognitive process involves changing schemas in response to new information?

A. Assimilation

B. Accommodation

C. Availability Heuristic

D. Automatic Processing

6. Which of the following best describes storage in memory?

A. The process of encoding information

B. The ability to retrieve information when needed

C. The process of maintaining information over time

D. The initial reception of sensory input

7. What ability is defined as the capacity to produce novel and valuable ideas?

A. Innovation

B. Creativity

C. Imagination

D. Invention

8. What role does prior knowledge play in learning new information?

A. It complicates understanding

B. It provides a framework for understanding and integrating new information

C. It slows down the learning process

D. It is irrelevant to new learning

9. In what type of memory can knowledge be expressed automatically and unconsciously?

A. Implicit memory

B. Maintenance rehearsal

C. Long-term memory

D. Functional fixedness

10. What role does curiosity play in cognitive development?

A. Curiosity leads to distraction from learning

B. Curiosity has a minimal impact on cognitive skills

C. Curiosity drives exploration and learning

D. Curiosity is unrelated to educational achievements

Answers

1. D
2. C
3. B
4. A
5. B
6. C
7. B
8. B
9. A
10. C

Explanations

1. What type of memory consists of facts and experiences that are consciously recalled?

A. Implicit Memory

B. Procedural Memory

C. Episodic Memory

D. Declarative Memory

The type of memory that consists of facts and experiences that can be consciously recalled is declarative memory. This category of memory includes two subtypes: semantic memory (which involves general knowledge and facts) and episodic memory (which is concerned with personal experiences and specific events). The key characteristic of declarative memory is that it requires conscious thought for retrieval, meaning individuals can explicitly declare what they remember. In contrast, implicit memory refers to memories that are not part of an individual's conscious awareness, such as skills or conditioned responses. Procedural memory is a subset of implicit memory that specifically pertains to the knowledge of how to perform tasks, like riding a bike or typing, which individuals may do without thinking consciously about the steps involved. Episodic memory, while significant as it involves personal experiences and events, is a specific component within the broader category of declarative memory. Thus, declarative memory is the most inclusive answer for memories that can be consciously recalled.

2. What cognitive bias may occur when individuals rely too heavily on initial impressions when making decisions?

A. Overconfidence Bias

B. Confirmation Bias

C. Anchoring Bias

D. Representativeness Heuristic

The cognitive bias that occurs when individuals rely too heavily on initial impressions while making decisions is known as Anchoring Bias. This phenomenon happens when the first piece of information encountered serves as a reference point (the "anchor") for subsequent judgments or decisions. Even when that initial information is irrelevant or misleading, it can disproportionately influence the final decision-making process. For instance, if someone hears a high initial price for a product, they may perceive all subsequent prices as reasonable or discounted in comparison, regardless of their actual worth. This bias highlights how our cognitive processes can be skewed by early information, often leading to flawed or irrational decisions. Understanding Anchoring Bias is crucial because it can affect various areas like negotiation, purchasing decisions, and even judgments about people's abilities or characteristics based on limited information, demonstrating how we can be misled by the initial impressions that we form.

3. Which of the following best describes cognitive flexibility?

A. The ability to remember information accurately

B. The capacity to adapt thinking strategies to new situations

C. The tendency to recall previously learned skills

D. The inclination to avoid complex tasks

Cognitive flexibility is best described as the capacity to adapt thinking strategies to new situations. This ability is crucial for effective problem-solving and decision-making because it allows individuals to shift their mindset and approach when faced with changes or unexpected challenges. Cognitive flexibility involves the ability to switch between different concepts or perspectives, integrate new information, and modify behaviors based on varying circumstances. This adaptability makes it easier to learn new skills, consider alternative solutions, and respond to the dynamic demands of different tasks or environments. In contrast, the other options focus on different aspects of cognition, such as memory recall or avoidance of complexity, which do not capture the essence of shifting thought processes and adapting to new contexts that are central to cognitive flexibility.

4. Which mnemonic technique involves associating items with familiar physical locations?

A. Method of loci

B. Acronyms

C. Chunking

D. Story method

The method of loci is a powerful mnemonic technique that leverages spatial memory by associating items with specific physical locations. This approach involves visualizing a familiar place, such as a home or a route, and mentally placing the items you wish to remember at various locations along that path. When you need to recall the items, you can "walk" through the space in your mind, retrieving each item as you visit each location. This technique capitalizes on our brain's ability to navigate and remember spatial environments, making it a highly effective way to enhance memory. In contrast, the other techniques mentioned have different methodologies. Acronyms simplify information by creating a word from the initial letters of a set of items, rather than spatial associations. Chunking involves breaking down large pieces of information into smaller, more manageable groups, which helps with memory retention but does not rely on location. The story method involves creating a narrative that links the items together, which is a sequential and imaginative approach, rather than a spatially anchored one. Hence, the method of loci stands out for its unique use of familiar locations to aid memory.

5. Which cognitive process involves changing schemas in response to new information?

A. Assimilation

B. Accommodation

C. Availability Heuristic

D. Automatic Processing

The cognitive process that involves changing schemas in response to new information is referred to as accommodation. This process occurs when an individual encounters information that does not fit with their existing understanding or schema. In such cases, the individual modifies their schema to incorporate this new information, thus allowing for a more accurate understanding of their experiences and the world around them. For instance, if a child who has a schema for dogs (perhaps only big dogs) encounters a small dog for the first time, they may need to change their existing schema to include this new instance of a dog. This demonstrates how accommodation facilitates learning and cognitive growth through the adaptation of prior knowledge to newly acquired information. In contrast, assimilation is the process of integrating new information into existing schemas without changing them. The availability heuristic involves making judgments based on easily recalled memories, which is unrelated to schema modification. Automatic processing refers to mental activities that occur with little conscious effort, not specifically linked to the active adjustment of schemas. Thus, accommodation is the correct answer, as it specifically denotes the adjustment and refinement of cognitive schemas in light of new experiences.

6. Which of the following best describes storage in memory?

A. The process of encoding information

B. The ability to retrieve information when needed

C. The process of maintaining information over time

D. The initial reception of sensory input

Storage in memory refers to the process of maintaining information over time. This involves retaining data so that it can be recalled later. When we encode information, it is initially transformed into a form that can be stored. However, the actual act of storage is distinct from encoding, as it focuses on ensuring that this information is preserved for future use. Retrieving information, on the other hand, pertains to the ability to access this stored information when needed, which occurs after storage has taken place. The initial reception of sensory input describes the very first stage of memory, where sensory information is received and not yet processed for storage. Therefore, the correct answer captures the essence of how memories are sustained over time, distinguishing it from encoding and retrieval processes.

7. What ability is defined as the capacity to produce novel and valuable ideas?

A. Innovation

B. Creativity

C. Imagination

D. Invention

The ability defined as the capacity to produce novel and valuable ideas is creativity. Creativity involves generating original thoughts and concepts, often leading to new insights and perspectives. It encompasses not just the ability to think outside the box but also the skill to combine existing ideas in unique ways or to see connections that others may overlook. While innovation often relates to implementing creative ideas into practical applications or new products, it is more about the application rather than the idea generation itself. Imagination refers to the faculty of creating mental images or concepts not present to the senses, but it may not necessarily entail the novel and valuable aspect. Invention is closely related to the creation of new objects or processes, yet it also focuses on turning creative ideas into tangible outcomes. Creativity stands out as the foundational process that fuels both invention and innovation, emphasizing the generation of valuable and original ideas.

8. What role does prior knowledge play in learning new information?

A. It complicates understanding

B. It provides a framework for understanding and integrating new information

C. It slows down the learning process

D. It is irrelevant to new learning

Prior knowledge plays a crucial role in learning new information by acting as a framework that helps individuals organize and integrate new concepts. When learners encounter new material, their existing knowledge allows them to make connections, see relationships, and create a scaffold for understanding. This pre-existing framework not only aids in comprehension but also enhances retention and retrieval of the new information. The presence of relevant prior knowledge can facilitate deeper learning, as learners are better equipped to relate new ideas to what they already understand, making the learning process more efficient and meaningful.

9. In what type of memory can knowledge be expressed automatically and unconsciously?

A. Implicit memory

B. Maintenance rehearsal

C. Long-term memory

D. Functional fixedness

Implicit memory refers to a type of memory where knowledge is gained and expressed automatically and unconsciously, without the need for deliberate retrieval or conscious awareness. This form of memory is involved in tasks such as riding a bike, playing an instrument, or navigating familiar routes, where individuals can perform skills or recall information without actively thinking about them. In contrast to explicit memory, which requires conscious thought to retrieve and utilize information (like recalling facts for a test), implicit memory operates below the level of conscious awareness. It influences our behaviors and skills through experiences but does not engage our conscious memory retrieval processes. This distinction makes implicit memory particularly important for understanding how we learn and perform tasks that become second nature over time. Other options do not convey the same meaning. Maintenance rehearsal involves actively repeating information to keep it in short-term memory, long-term memory encompasses a broader category that includes both implicit and explicit memories, and functional fixedness represents a cognitive bias that limits a person's ability to use an object only in the way it is traditionally associated, which is unrelated to the concept of memory type.

10. What role does curiosity play in cognitive development?

A. Curiosity leads to distraction from learning

B. Curiosity has a minimal impact on cognitive skills

C. Curiosity drives exploration and learning

D. Curiosity is unrelated to educational achievements

Curiosity plays a significant role in cognitive development as it actively drives exploration and learning. When individuals exhibit curiosity, they are motivated to seek out new information, ask questions, and engage with their environment. This exploration fosters deeper understanding and encourages the development of critical thinking skills, problem-solving abilities, and creativity. Curiosity prompts learners to investigate subjects beyond surface-level understandings, facilitating a richer and more comprehensive grasp of various concepts. As learners pursue answers to their questions and explore unfamiliar ideas, they enhance their cognitive abilities and build a broader knowledge base. This intrinsic motivation not only makes learning more enjoyable but also reinforces cognitive engagement, leading to higher retention of information and better academic performance over time. In contrast, options suggesting that curiosity distracts from learning, has minimal impact, or is unrelated to educational achievements do not reflect the underlying benefits that curiosity provides in facilitating active engagement and meaningful learning experiences.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

https://newcedcognition.examzify.com

We wish you the very best on your exam journey. You've got this!