

Cognitive Learning Theories



WEEK 7.1

Cold vs. Hot Cognition



- **Cold cognition**
 - Lack of emotion
- **Hot cognition**
 - Influenced by emotion
 - May enhance memory processes (better recall for events where our affect is involved)
 - Decision making may be more automatic and rapid and less reasoned when emotions are strong (problem solving and reasoning abilities decrease)
- **Decision making processes are different when emotion is or isn't involved**
- **Develop a lot in preschool years**
 - Marshmallow test (don't eat 1 for two min and you will get 2) can predict cognitive scores and peer relations

Take Home from memory



- When we learn we store information in our memories
- Attention is critical for learning
- Having relevant prior knowledge helps us to better process and store new incoming information