

Understanding Cognition

Learning is the process of acquiring new or modifying existing knowledge, behaviors, skills, values, or preferences. Evidence that learning has occurred may be seen in changes in behavior from simple to complex: from moving a finger, to writing skills and creativity. *The ability to learn* is possessed by humans, animals, and some machines. Some learning is immediate, induced by a single event (e.g. being burned by a hot stove), but much skill and knowledge accumulates from repeated experiences. The changes induced by learning often last a lifetime.

Cognition is "the mental action or process of acquiring knowledge and understanding through thought, experience and senses". It encompasses processes such as producing knowledge, attention and memory, in addition to reasoning, problem solving and decision making, comprehension and production of language. Human cognition is conscious and unconscious. Cognitive processes use existing knowledge and generate new knowledge.

The relationship between learning and cognition is that cognition is a process that results in a learned behavior or response. These two concepts are strongly and directly linked, since learning requires cognition and cognition involves learning. As a result of this relationship, learning takes place through many forms of cognitive processes, such as: imagining, reasoning and memorizing. In this sense, learning and cognition are defined differently, even if they may appear similar.

Learning is based on the theory that an organism is born with the neurological ability to acquire knowledge. Whether through a structured environment, such as school or work, or trial and error, some cognitive processes take place to produce knowledge. These same processes become traits of the individual and can lead to additional learning. Humans are known to have a high level cognition that may not be present in other animals.

Cognitive science is the interdisciplinary, scientific study of the mind and its processes. It examines the nature and the functions of cognition. Cognitive psychologists study how people acquire and perceive, process and store, information. This work can range from exploring how we form concepts to understanding the interplay between working memory and long-term memory. Cognitive psychologists are thought of as brain scientists who investigate how the human brain works – how we think, know, learn and remember. They apply both neurological and psychological science to understand how we categorize information, make decisions, and solve problems.

Apa.org
Reference.com
En.Wikipedia.org
[Edited]