

## What is a Schema?

Mental representations that organize our knowledge, beliefs, and expectations

Self schema is the mental representations of ourselves.

social schema is the mental representations about groups of people. The foundation of stereotypes.

scripts are mental representations about sequences of events. they enable us to make sense of sequential data.

## schema theory

Schema Theory explains how our behaviour, memory, cognitive processes and how we understand our current experiences are affected by our schemas.

Schema theory also explains how our schemas are used to organize our knowledge.

Each person's schema is developed by their environment.

## Thinking and Decision making

what is thinking? One definition of thinking: "going beyond the information given"

The function of thinking is to modify information;

We break down information into smaller parts (analysis)

Bring different pieces of information together (synthesis)

Relate certain pieces of information to certain categories (categorize)

Make conclusions, inferences etc.

Decision-making is a cognitive process that involves selecting one of the possible beliefs or actions – making a choice between some alternatives. When we choose, we need to analyze -> link to thinking

## Dual Processing Model

The Dual Process Model of thinking and decision making postulates that there are two basic modes of thinking: "System 1" and "System 2."

system 1 an automatic, intuitive, and effortless way of thinking.

thinking often employs heuristics - mental short-cuts that involve focusing on one aspect of a complex problem and ignoring others.

This 'fast' mode of thinking allows for efficient processing of the often complex world around us but may be prone to errors.

We are more likely to use System 1 thinking when our cognitive load is high - that is, when we have lots of different things to think about at the same time, or we have to process information and make a decision quickly.

system 2 is a slower, conscious, and rational mode of thinking, requiring more effort.

starts by thinking carefully about all of the possible ways we could interpret a situation and gradually eliminates possibilities based on sensory evidence until we arrive at a solution.

This mode of thinking is less likely to create feelings of certitude and confidence.

confirmation bias: a tendency to focus on information that confirms a pre-existing belief and ignore information that contradicts it



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