

## APPLYING COGNITIVE PSYCHOLOGY TO EDUCATIONAL PRACTICE

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Cognitive psychology involves the perception, attention, memory, language, thinking, problem solving, and learning. Applying cognitive psychology to the education can improve the learning outcome. In order to apply it, teachers need to be aware of skills, struggles, personal characters of their students and methods that can lead to positive impact on their learning. Therefore, teachers should know about principles of psychology and teaching methods that might affect the learning. Previous studies about applying cognitive psychology to educational practice by professor Robert Allen Bjork and Derek Bok Center for teaching and learning showed the possible improvement of teaching methodology, knowledge, attitude, and skills of students and teachers through the curriculum. Students were encouraged by this teaching methods. Teaching new material in manageable amounts encouraged students a lot and helped them to attain higher level of achievement. If

the students make good effort (not too much or less effort) to learn, the learning outcome is much better. Introducing the processes of cognitive psychology including getting information (encoding), remembering, and retrieving the information to the teachers and applying these methods to everyday practice will help teachers when to teach new information and how to give assignments to students by helping them to understand and remember the contents. Applying the cognitive psychology to education is important for improving skills, knowledge, and attitude of students. Thus, teachers need to possess good communication and teaching skills besides their medical knowledge and clinical skills.

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