

## **The mind and its cognitive process.**

A cognitive process is a mental activity or a series of mental steps. That a person uses to acquire, store, retrieve, or convert knowledge.

Involving activities like, language, social events, complex attention, learning and memory, reasoning, perceptual and motor functions, judgement, thought, and problem-solving. And how a person understands information, from memories, emotion, and stressful situations. Forming the basis of knowledge, that leads to decisions, actions, and behaviors.

Cognitive processes are central to human intelligence. And can be, obstructed by conditions, environment, and natural occurrence. And impact how people relate to the world around them.

### **Activity groups.**

When a child is born, to a mother. What they see, touch, taste, hear, and feel is, permitted. As the child develops, so the mother and father nurtures, and cares for the baby. Offering the best care, nourishment, and rest possible.

Doing their best to insure a safe, comfortably, and a warm environment is, created. Needed for development.

This will continue through the stages, and the age, of the child's development. All through this time the parents, take cue, and mostly learn from their family. On the subject, of how to raise and care for the baby. Permitting the next phase.

It would be ideal that, these life skills, be inclusive of the primary, and secondary education system. In its stages. And activities.

So that, the young parents are, equipped, to deal with life. In a more efficient manner, with less stress. Being more aware.

From these activities stems our intelligence. And is crucial to social inclusiveness. Connecting a society in co-adherence. Causing the individual to bond with another, family, the community, and that society. In equal standing, yet in separate task, and purpose.

The inclusiveness, of social interactions is paramount. To cognitive process, development, and effective cycles. That fosters the health of the next generation. It underlines; the interconnectedness of a society. It brings to light how dependent we are on each other. Yet, that we are separate intelligent individuals.

### ***Group 1.***

Perceptual and motor functions, are skills that combine sensory information with movement. Involving the brain stimulus to sensory input. It allows us to be aware of our own bodies, and our movement. It allows us to interpret and respond to our movements, and sensory cues.

### **Group 2.**

Learning is a constant process of acquiring new knowledge, skill, and behavior. Learning involves the assembly, and the merging of knowledge, into groups of information. We then construct a skill by means of observations. Coupled to this new found knowledge. With this we form a particular behavior.

We store this knowledge into memory. Retrieving such previously stored knowledge is essential for survival. Enabling the individual to adapt to its environment. And learn from past experiences.

### **Group 3.**

Thoughts. Is a mental process. That involves ideas, opinion, beliefs, and judgement. influenced by experiences, culture, and genetics.

Although the categorization of these thoughts may be by, a positive, or a negative. They are crucial for the organization of experiences. And making decision. And are subject to conscious control, meaning that you choose how to respond. To ideas and opinions.

As opposed to a distinct emotional state. And that these thoughts arise automatically. A disposition to culture and genetics, also portrays a person's character and quality of mind. And are crucial to your beliefs and part judgement.

Actions from these thoughts, and decisions, are based on the information, experiences, and emotions, we have on hand. Repeatedly such actions form our behaviors.

### **Group 4.**

Problem solving stems from the ability to recognize experiences, to adapt, and to create something suited. For a condition, a situation, and an environment. A workable resolve amongst all.

In a general definition. It involves identifying the problem, and then determining its root cause. Next would be to generate, and evaluate solutions. Finally implementing the best solution, thereafter assessing its impact. Then repeating the process, or part of the process. Until the determined result is, achieved.

The learned skill, usually is, learned by a person's mistakes. Imparted by, their trial and errors. Until refinement. Thereafter slight variation is adapted, for other similar situations.

- It requires critical thinking. Is the ability to analyze, evaluate and interpret information on hand objectively.
- Creativity. Is also an ability that generate new, or recognizes new and valuable ideas, and solutions. By means of artistic works, or the use of imagination. That connects different concepts.
- Communications that require a sent intent. A return of clarification, and notification. And the cancellation out of any disruptive cause.

- Collaboration simple means. That you need to work with other people. In such a beneficial way toward all involved.
- Adaptability is the ability to be flexible. And to adjust your strategies. Keeping in mind, that there is always another way of doing things.

### ***Group 5.***

Social events present opportunities. To form, and foster connections, and relations. Through shared experiences. That create memories.

In the many ways, our interaction through cultural events celebrates art. In its many forms. Organized by the keepers of social, and historical traditions. Events may include, concerts, art exhibitions, parades, and even traditional ceremonies.

These event, may seem out dated in modern terms. However, they serve to teach, educate, entertain, and promote, cultural diversity. Fostering community bonds and relations.

How does sharing a meal, dancing together, listening to music, and cultural expressions. And why is it crucial. To our experiences that create memories.

So why, does sharing these activities, Help with the cognitive process. Simply, because it stimulates, neural function. It forms learning patterns, and memory formation, and association, and skill development. It allows, fine and gross motor, skill improvements. In an environment that others encourage and applaud, and approve of. And offer guidance.

Simply by belonging to a group. Or a community we seek approval. We seek to grow within these environments. To share and experience information, knowledge, and skill. By forming attachments, and emotions, that create memories. That yields associations to all relations. That forms the very cognitive process development. Essential to living a life.

### **Understanding information.**

Understanding emotions, memories, and acute stress situations.

### ***Emotion.***

To understand something, you need first to recognize your feelings. Then you need to comprehend their impact. On your thoughts, your conduct, and your actions.

Emotions are complex responses, that prepares a person's reply. Providing the necessary information. This knowledge helps a person to connect with other people.

Understanding emotions, means having a good theory, about the cognitive process. About why people feel the way they do. What causes those feelings. And how they affect such behavior.

Deepening on your understanding of emotions. Sometimes this requires the interaction with people whom you know, and can trust. That you can practice mindfulness with, in an objective way. This creates a greater self-awareness.

More thoughtfulness provides the basis for self-introspection. Which alludes to less impulsive situations. And how you respond to these events. And how emotions influence your emotional well-being, and your relationships.

### ***Memories.***

Understanding memories involves recognizing, that they are, formed through an encoding, storage, and a retrieval process. Also, such memory is, not stored in one given place. But, across multiple regions of the brain. Representing the physical regions of grey matter.

Types of memory include sensory input, short-term working memory, long-term and enduring memory. Into two divisions of explicit conscious and implicit unconscious memory.

It is the rapid, continuous, repeated single event. When a non-physical process, encodes information into a physical location. That follows an index, read, write, and retrieval, and storage system.

The strength of the memory system varies by individual. Influenced by, sleep, diet, exercise, age, and mental health. While also being subject to reconstruction methods, potential inaccuracies, multiply distractions, and acute stress situations.

Situations that affect memory encoding, and retrieval, are subject to everyday, and severe influence. Everyday influences include, daily annoyances, work related stress, white noise, multi-media distractions, or social interactions. Severe influences include, accidents or injuries, traumatic events, and severe illnesses.

Parenting affects the foundation phase of inaccurate memory encoding. Due to the parents' characteristics, their nature, and consistencies. A disposition to a decrease in genetics. The lack of interactive time spent, due to the absence of a parenting plan, phase moderation, role definition, and single parenting. Other factors of family and social support affect memory development. While the adults work on their relations.

A disposition to education, from pre-school onward, is a big influence on the process of memory function, validation, and growth. Theses foundation phases are crucial to the correct memory forming habits. Alongside the identification of situations, and the effective dealing with stress, and peer pressures.

### ***Acute stress situations.***

Is a natural physiological reaction to a situation. Where the body perceives as a threat. The body then reacts to a "fight", and confronts the threat. Or, a "flight", to escape from the peril. The stress hormones released into the body, causing immediate response change.

This affects heart rate, muscle tension, breathing, blood sugar levels, and so forth. While diverting resources that enhance speed, and strength. Also, any sensor that is necessary for a sharpness of information collection. And its processing.

Staying in this state for prolonged periods, is detrimental to the rest of the body. For it causes imbalances. That in the long term affects the cognitive processes. Creating a dependency on the stress hormones. Physically this can lead to other organ failure, or impairment. Like the heart, the kidneys, the lungs, the adrenaline gland, etc.

The dependency of the mind, lies in silent danger. A shut down in performance, after very prolonged periods. Produces a sense of inability. And affects how the person then relates to the world around them.

Conjointly the loss of performance, and organ impairment affects the, "breath", or, "spirit". Of the individual. This affects the nature, the consistence's, and the character of the person. The change in pace, lifestyle, and their newly adapted philosophy, now has impact on societal involvement.