

TEN REASONS FOR THE IMPORTANCE OF COGNITION IN HUMAN LEARNING AND DEVELOPMENT

- (1) Perception is irreversible; cognition is adaptive and changeable.
- (2) Cognition permits the individual to control the environment at ever greater distances from the immediately perceived and experienced.
- (3) Cognitive processes help us to decide *what* to focus on, *when* to focus, and in *what ways* to focus.
- (4) Cognitive process helps the individual to select, focus on, filter, and sequence the great amount of information that comes into the system.
- (5) Cognitive processes transform the data that are gathered into mental structures to be reframed or elaborated later.
- (6) Cognitive processes generate new information, not limited to what is derived from existing sources of information.
- (7) Once conceptualization occurs (structures created through cognitive processes), it can be communicated to others.
- (8) Cognitive processes enable access to the affective-motivational-attitudinal dimensions of human experience.
- (9) Cognitive processes are in a constant state of animation, producing consciousness.
- (10) Cognitive processes enable recognition of conflicts, acceptance of dissonance, and generate productive conflicts that expand consciousness and generate activity to address them.

Adapted from Feuerstein, R. and Falik, L. H. (2000). Cognitive modifiability: A needed perspective for the 21st century. College of Education Review (San Francisco State University), 12.

