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### LEARNING INFLUENCE AND THE COGNITIVE PROCESS

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# ABSTRACT

Learning is a complex process that involves a range of cognitive activities, including attention, perception, memory, and reasoning. The cognitive process plays a significant role in how individuals learn, process information, and retains knowledge. This article aims to examine the cognitive process and its influence on learning, including the factors that affect cognitive processing during learning.

# **K**EYWORDS

Learning; Cognitive process; Memory; Attention; Perception; Reasoning; Mental models; Cognitive strategies.

# NTRODUCTION

The cognitive process involves a series of mental activities that enable individuals to process, and interpret information. These analyze. cognitive activities are critical to the learning process as they help individuals acquire, retain,

and retrieve knowledge. This article aims to explore the cognitive process and its influence on learning, including the factors that impact cognitive processing during learning.

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# **M**ETHODS

This study involved a review of the literature on cognitive psychology, learning, and memory. Relevant articles and research papers were identified through online databases such as Google Scholar and ProQuest. The search was limited to articles published in English, and keywords such as "cognitive process," "learning," and "memory" were used.

## RESULTS

The literature review revealed that the cognitive process plays a significant role in how individuals learn, process information, and retain knowledge. Attention, perception, memory, and reasoning are essential cognitive activities that influence learning. The cognitive process can be impacted by various factors, such as stress, anxiety, and motivation, which can affect how individuals process and retain information during learning.

## Conclusion

The cognitive process is a critical aspect of learning that impacts how individuals acquire, process, and retain knowledge. Understanding

the cognitive process and the factors that influence it can help learners optimize their learning experiences. Teachers and educators can also use this knowledge to design effective learning strategies and facilitate better learning outcomes.

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