# Article information:

Exploring the nature of cognitive flexibility - ScienceDirect
<https://www.sciencedirect.com/science/article/pii/S0732118X11000705?casa_token=KrudzBJ_s6YAAAAA:XrFmZrKuAnGnDUGoFyZuEW8eMWh69CaZy7kaltjtieno3Pgue2LbGu53qtorE9XJpqEd4DXkSw>

# Article summary:

1. Cognitive flexibility is an important characteristic that helps humans pursue complex tasks, such as multitasking and finding novel, adaptable solutions to changing demands.

2. This paper proposes a unified account of cognitive flexibility that considers it a property of the cognitive system, rather than a cognitive skill.

3. The emergence of cognitive flexibility is dependent on two kinds of interactions: the interaction of several cognitive mechanisms, and the interaction of sensorimotor mechanisms, cognition, and context in developmental time.

# Article rating:

May be slightly imbalanced: The article presents the information in a generally reliable way, but there are minor points of consideration that could be explored further or claims that are not fully backed by appropriate evidence. Some perspectives may also be omitted, and you are encouraged to use the research topics section to explore the topic further.

# Article analysis:

The article “Exploring the Nature of Cognitive Flexibility” by ScienceDirect provides an overview of the concept of cognitive flexibility and its potential usefulness in fostering efficient problem solving and creativity. The article is well-written and provides a comprehensive overview of the various definitions and views on cognitive flexibility from different research areas. It also presents a unifying account that considers cognitive flexibility as a property of the cognitive system rather than a static entity or ability.

The article is generally reliable and trustworthy; however, there are some points to consider when evaluating its trustworthiness. First, while the article does provide evidence for its claims from various studies in different research areas, it does not explore any counterarguments or alternative views on cognitive flexibility. Additionally, while it does mention possible risks associated with flexible behavior (such as rigidity or perseveration), it does not provide any evidence for these risks or discuss them in detail. Finally, while the article does present both sides equally (i.e., flexible behaviors vs inflexible behaviors), it does not provide any evidence for why one might be preferable over another in certain contexts or situations.

In conclusion, this article provides an informative overview of the concept of cognitive flexibility and its potential usefulness in fostering efficient problem solving and creativity; however, there are some points to consider when evaluating its trustworthiness such as lack of exploration into counterarguments or alternative views on cognitive flexibility, lack of evidence for possible risks associated with flexible behavior, and lack of discussion about why one might be preferable over another in certain contexts or situations.

# Topics for further research:

* Cognitive Flexibility Risks
* Cognitive Flexibility Benefits
* Cognitive Flexibility in Problem Solving
* Cognitive Flexibility and Creativity
* Cognitive Flexibility and Rigidity
* Cognitive Flexibility and Perseveration

# Report location:

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