

Conditioning Notes

LHA Psychology

Classical Conditioning

Definition → _____

- Classical conditioning was discovered by _____ while he was studying _____ in the early 1900's.

- Explain Pavlov's experiment in your own words: _____

Mechanics of Classical Conditioning:

- **PHASE 1: Before Learning**

- Neutral stimuli _____ produce a reaction, yet.
- _____ → stimulus that leads to an automatic response
- _____ → unlearned response that occurs naturally (*in reaction to unconditioned stimulus*)
- _____ → stimulus that at first elicits (*brings on*) no response
- Label the US, UR, and NS for the following example
Example: Feeding dogs food naturally causes them to salivate. Ringing the bell by itself does not elicit salivation, yet.

- **PHASE 2: Learning of Behavior**

- Neutral stimuli is paired repeatedly with the unconditioned stimulus to form an association
- _____ → stimulus that leads to an automatic response
- _____ → stimulus that at first elicits no response, but once associate with the unconditioned stimulus, eventually elicits a response
- Label the US and NS for the following example
Example: A dog barked, the child got bit, and the child got scared. Now, when the child hears a dog bark, he becomes scared.

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Operant Conditioning

Definition → _____

- Through operant conditioning an _____ is made between a behavior and a _____ for that behavior (*whether negative or positive*)
- First described by _____
 - Skinner believed it was not necessary to look at _____ and _____ in order to explain behavior
 - He suggested we should look only at the _____, _____ causes of the human behavior
- Fairly Simple Premise:
 - Actions that are followed by _____ will be strengthened and more likely to occur again in the future
 - *EX: If you tell a funny story in front of your friends and everybody laughs, you will probably be more likely to tell that story again in the future*
 - Actions that result in _____ or undesirable consequences will be weakened and less likely to occur again in the future
 - *EX: If you yell at your parents and you get grounded, then you might be less likely to yell at them again in the future.*

Types of Behaviors

- Skinner distinguished between two different types of behaviors:
 - _____ → occur automatically and reflexively
 - *EX: pulling your hand back from a hot pan*
 - You don't have to _____ these behaviors
 - _____ → behaviors under conscious control
 - *EX: picking on your siblings to get a reaction out of them*
 - Some occur _____ and others _____, but it is the consequences of those actions that influence whether or not they occur again in the future

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Social Learning

Definition → _____

- Emphasizes the role of _____ in shaping human behavior
- People learn not only through direct experiences, but also by observing an _____ behaviors of others
- Introduced by psychologist _____
 - He proposed that learning occurs through observations, imitation, and modeling
 - Learning occurs because people observe the _____ of other people's behaviors

Factors of Social Learning

- There are four primary factors in learning:
 - _____ → a person MUST be paying attention
 - *If they get distracted or unable to concentrate, the learning will not occur*
 - _____ → the information must be retained and stored in memory
 - _____ → being able to perform the observed behavior
 - *Reproduction isn't always possible. Each person has _____ and may need to practice in order to reproduce the action*
 - _____ → a person must be motivated to perform the observed behavior
 - *Motivation can come from wanting a _____ or to avoid _____*

- **REFLECTION:**

- Give at least two other examples of social learning that you see in the world.
- Think about children, social media, sports, parents, video games, etc. Social learning is happening ALL AROUND US!
