Unit 6 : Learning

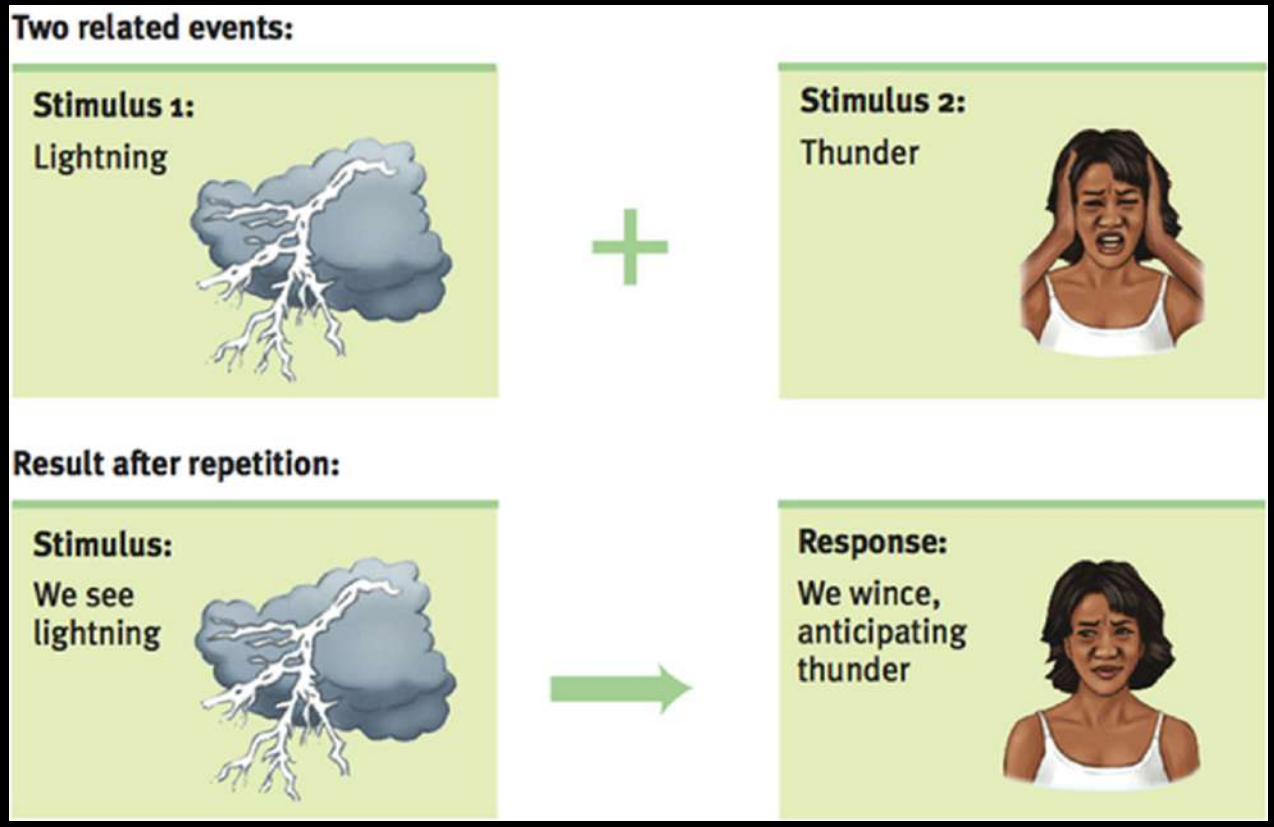
Intro and Classical Conditioning

How do we learn?

- Learning
  - A permanent change in behavior because of experience
  - EX: I won't open my eyes under water anymore because it makes them sting
- Habituation
  - Becoming less responsive to something because you are always around it
  - EX: less excited about a movie because you've seen it 10 times
- Associative Learning
  - Learning that things occur together
  - Classical
  - Operant
  - Observational

Brief Intro to Classical

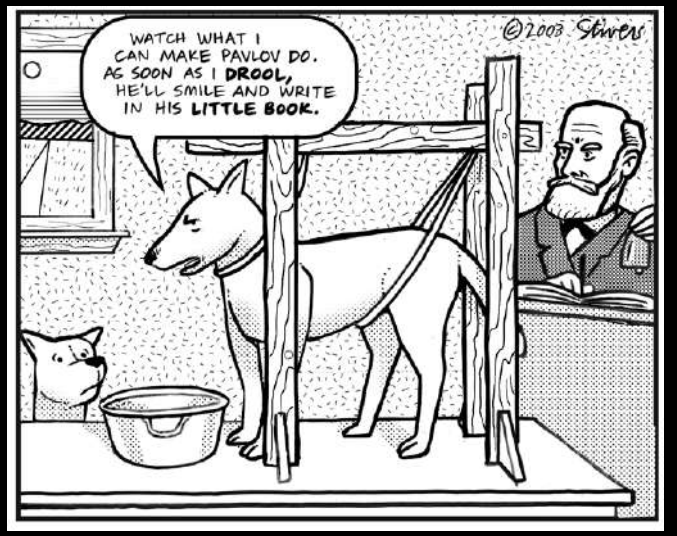
- Linking two or more stimuli and anticipate response



Brief intro to Operant

- Type of learning where behavior is strengthened or diminished with a reinforce or punishment

Classical Conditioning

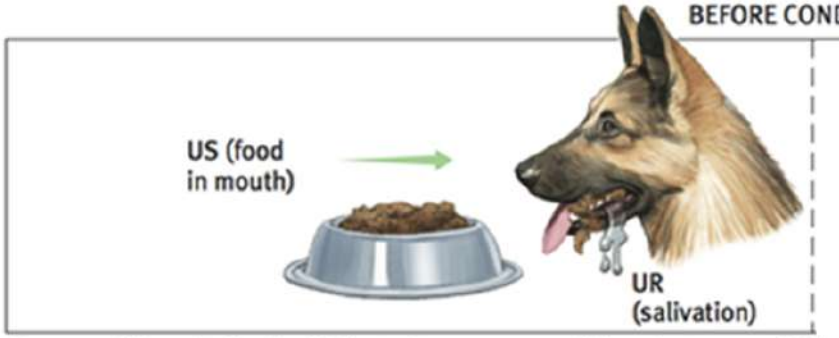


- Classical Conditioning
  - EX: salivating at a food commercial
- Ivan Pavlov
  - Pavlov's dog = salivating dog experiment
- John B. Watson
  - Little Albert case study
- Behaviorism
  - Both Pavlov & Watson are considered behaviorists
  - Looks at psychology strictly from a behavior perspective, no reference to mental process

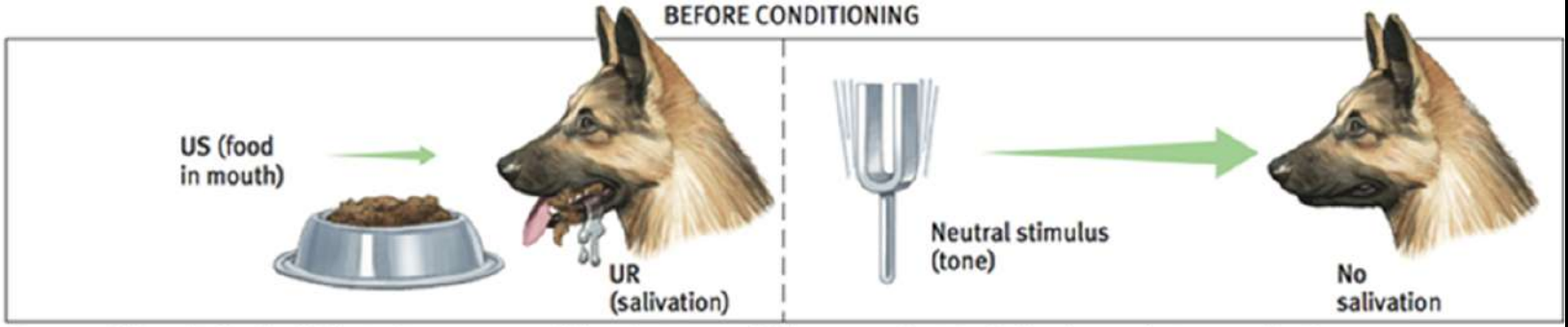
Parts of Classical Conditioning

- Unconditioned Stimulus (US)
  - Something that provokes you naturally, triggers something
  - EX: food, loud noise, kiss
- Unconditioned Response (UR)
  - Natural/automatic response to a stimulus; the reaction
  - EX: salivating, jumping, arousal
- Conditioned Stimulus (CS)
  - Learned/trained stimulus that provokes a response
  - Usually happens are repeated pairing
  - EX: bell, specific smell
- Conditional Response (CR)
  - Learned/trained response to something that was once neutral but now provokes a reaction
  - EX: salivating, jumping, arousal, a feeling
- Neutral Stimulus (N usually becomes to the CS)
  - A thing that would otherwise provoke no response

Pavlov's Experiment

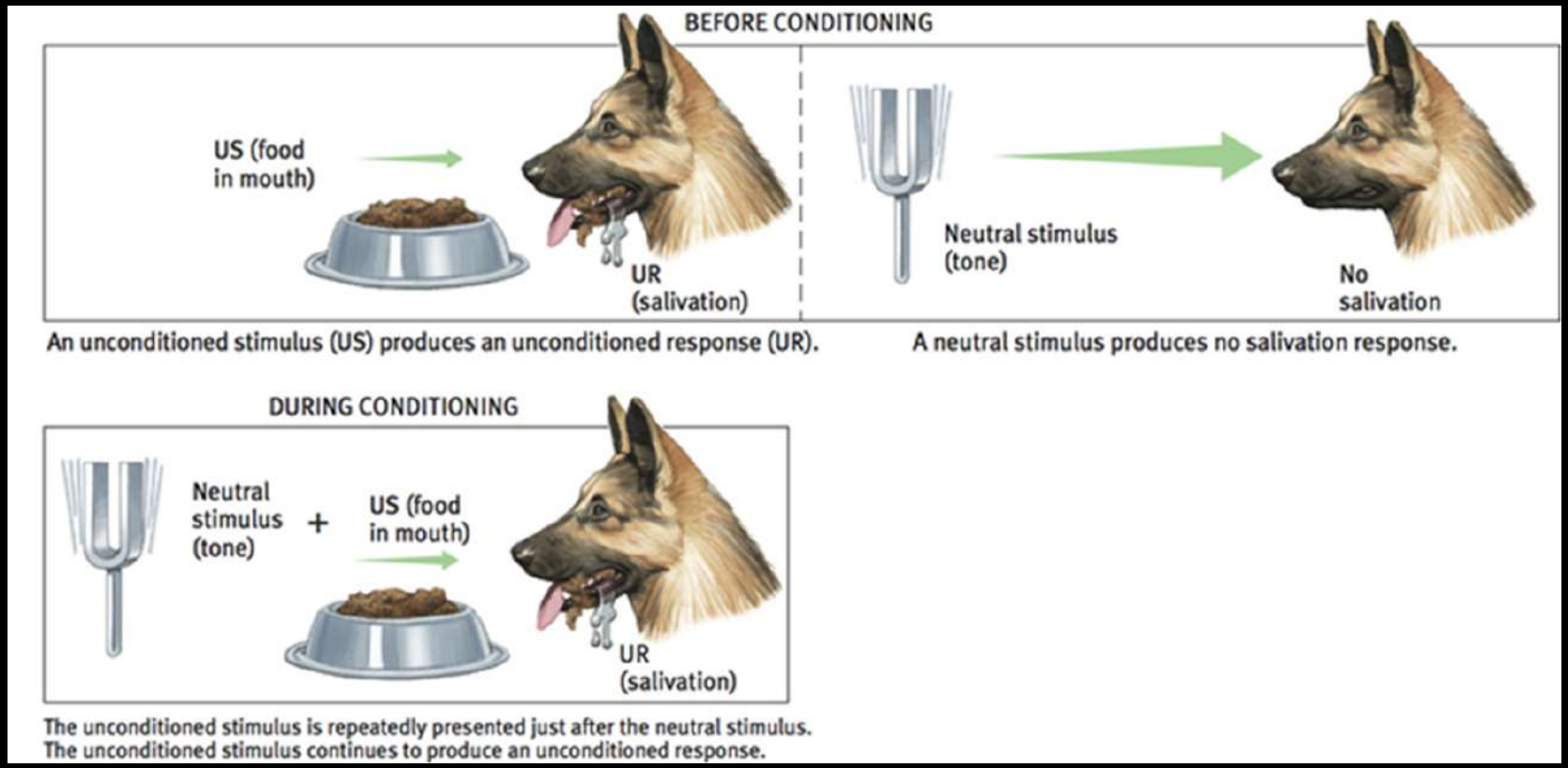


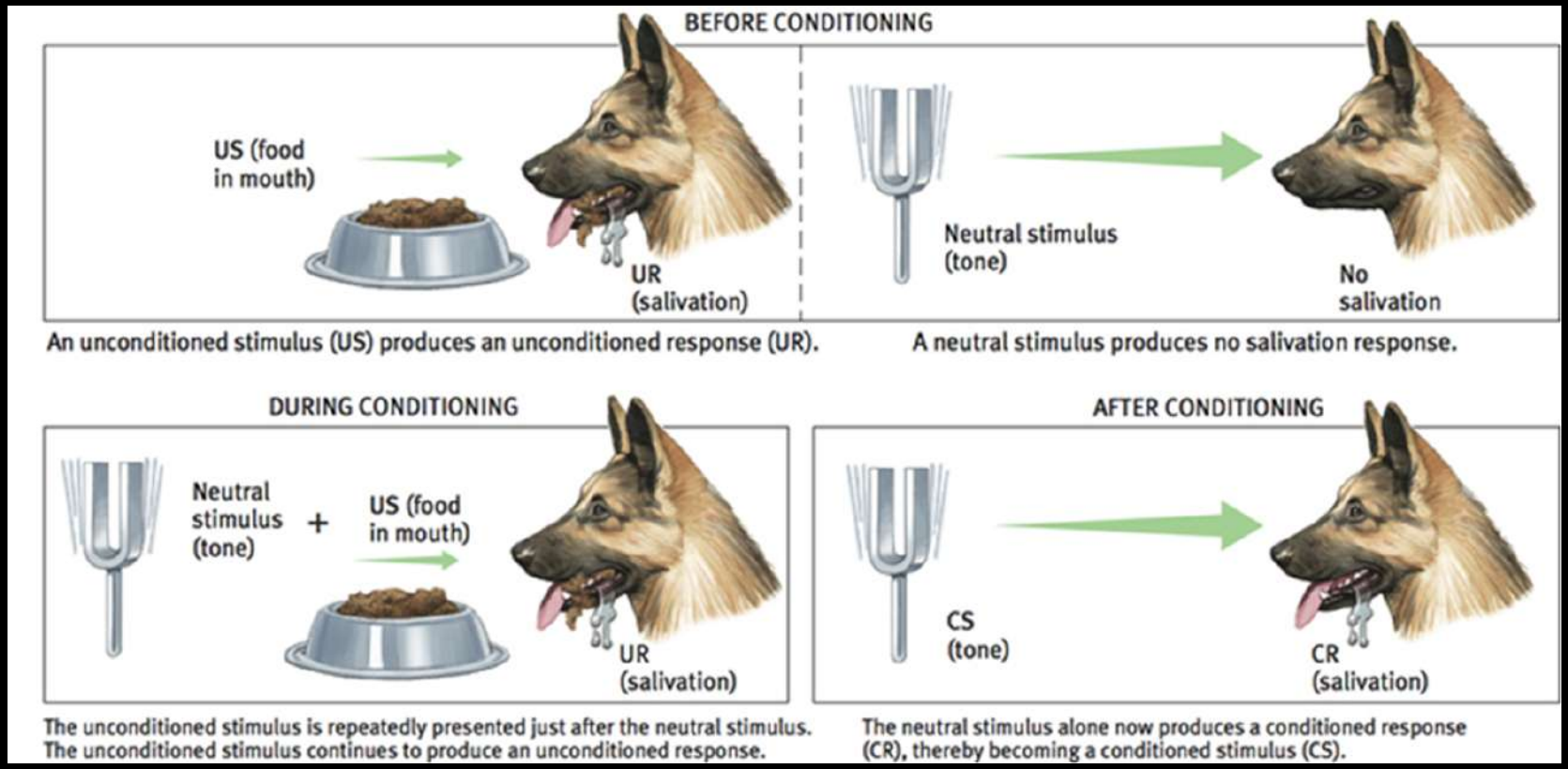
An unconditioned stimulus (US) produces an unconditioned response (UR).



An unconditioned stimulus (US) produces an unconditioned response (UR).

A neutral stimulus produces no salivation response.


BEFORE CONDITIONING
US (food in mouth)
UR (salivation)
Neutral stimulus (tone)
No salivation
An unconditioned stimulus (US) produces an unconditioned response (UR).
A neutral stimulus produces no salivation response.
DURING CONDITIONING
Neutral stimulus (tone)
+
US (food in mouth)
UR (salivation)
The unconditioned stimulus is repeatedly presented just after the neutral stimulus.
The unconditioned stimulus continues to produce an unconditioned response.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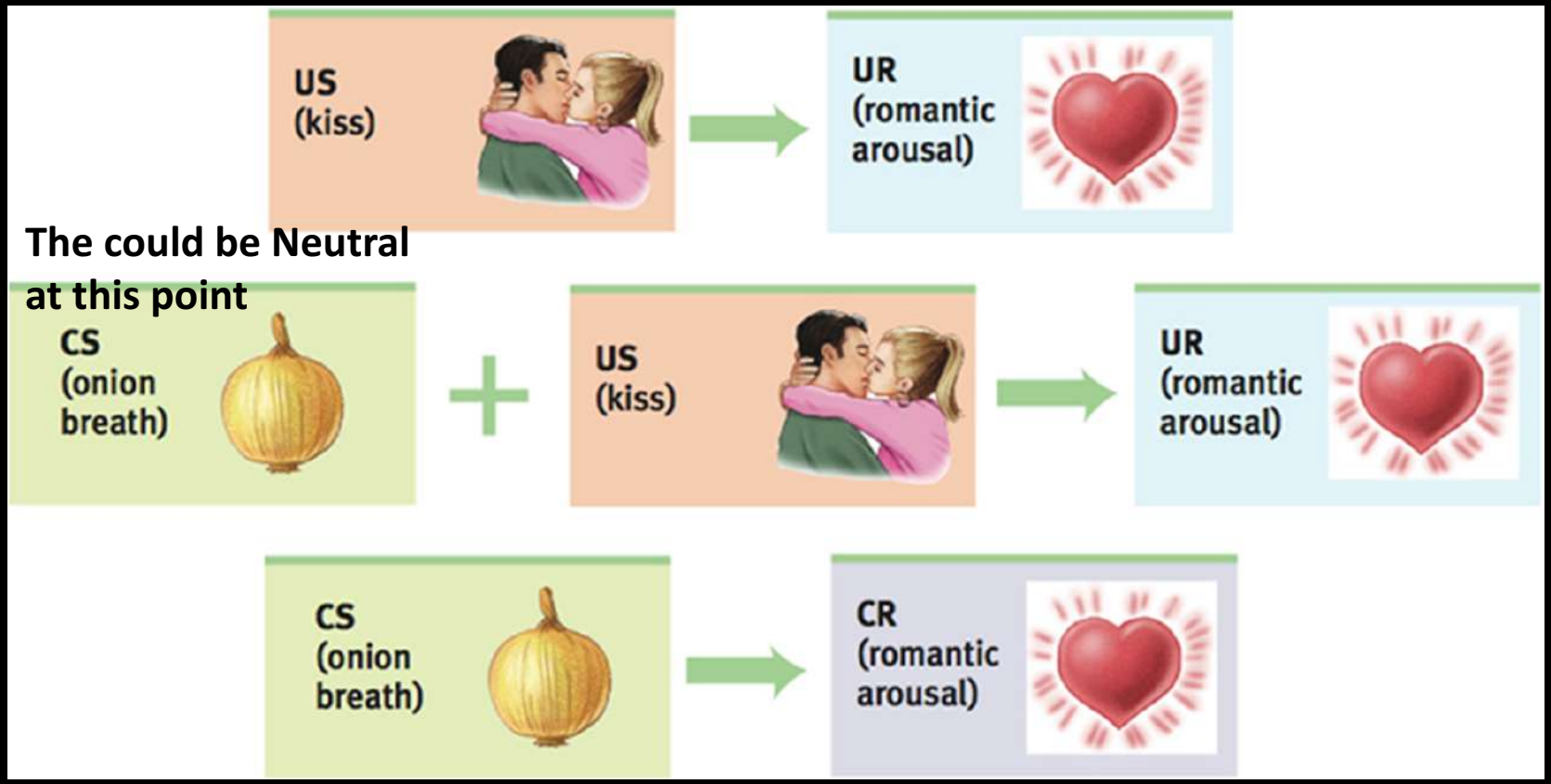
DURING CONDITIONING
Neutral stimulus (tone)
+
US (food in mouth)
UR (salivation)
AFTER CONDITIONING
CS (tone)
CR (salivation)
The unconditioned stimulus is repeatedly presented just after the neutral stimulus. The unconditioned stimulus continues to produce an unconditioned response.
The neutral stimulus alone now produces a conditioned response (CR), thereby becoming a conditioned stimulus (CS).

Example


US
(kiss)
UR
(romantic
arousal)
The could be Neutral
at this point
CS
(onion
breath)
US
(kiss)
UR
(romantic
arousal)
CS
(onion
breath)
CR
(romantic
arousal)

- Extinction
  - Pairing stops and CR fades away
- Spontaneous Recovery
  - Out of nowhere the CR returns
- Generalization
  - To generalize a stimulus so now similar stimulus trigger CR
- Discrimination
  - CR only triggered by something very specific rather than something similar