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PSYCHOLOGY

PSYCHOLOGY OF LEARNING

Psychologists frequently outline learning as a noticeably everlasting alternate in conduct because of experience. The psychology of learning specializes in a variety of subjects associated with how human beings analyze and engage with their environments. One of the primary thinkers to have a look at how learning impacts conduct become psychologist John B. Watson who counseled that each behavior is an end result of the learning process. The school of thought that emerged from Watson's work become referred to as behaviorism. The behavioral school of thought proposed analyzing inner thoughts, memories, and different intellectual tactics that have been too subjective.

Psychology, the behaviorists believed, has to be scientific to have a look at observable conduct. Behaviorism thrived in the course of the primary half of the 20th century and contributed an incredible deal to our knowledge of a few crucial learning tactics.

Questions of exam.

1. Pavlov is associated with__conditioning.

a. classical   **b.** operant

b. cognitive   **d.** Watsonian

 Answer a. Classical

2. This theorist believed that the causes of behavior are in the environment and that inner mental events are themselves shaped by environmental forces.

a. Bandura   **b.** Pavlov

c. Skinner   **d.** Tolman

 Answer a. Bandura

3. Which of the following theorists developed the concepts of latent learning and cognitive mapping?

a. Pavlov   **b.** Köhler

c. Tolman   **d.** Skinner

Answer c. Tolman

4. This theorist researched observational learning and the effects of modeling on behavior.

a. Köhler   **b.** Thorndike

c. Skinner   **d.** Bandura

Answer d. Bandura

5. Which of the following theorists is associated with research on reinforcement theory?

a. Pavlov   **b.** Skinner

c. Tolman   **d.** Bandura

Answer b. Skinner

 6. The concept that is associated with cognitive learning is

a. negative reinforcement.   **b.** positive reinforcement.

c. latent learning.   **d.** the discriminative stimulus.

 Answer c. Latent learning

7. Jim has been sober since he completed a treatment program for alcoholics.

He was told to stay away from his old drinking places. The danger is that he may start drinking again as a result of the conditioned stimuli in those environments. If he did, it would be a practical example of

_____in classical conditioning.

a. extinction   **b.** spontaneous recovery

c. stimulus generalization   **d.** observational response sets

Answer c. Stimulus generalization

8. The seductive nature of a slot machine in a gambling casino is based on its____ schedule of reinforcement.

a. continuous **b.** fixed-interval

c. variable-ratio   **d.** Variable-interval

Answer c. Variable-ratio

9. For Little Albert, the conditioned stimulus was___.

a. the white rat   **b.** a loud noise

c. Watson   **d.** based on negative reinforcement

Answer a. The white rat

10. Positive reinforcement increases behavior; negative reinforcement___behavior.

a. decreases **b.** has no effect on

c. removes a **d.** also increases

Answer a. Decreases

11. A good example of a fixed-interval schedule of reinforcement is_____.

a. factory piecework **b.** a child's weekly allowance

c. a slot machine   **d.** turning on a light switch

Answer b. A child's weekly allowance

12. The nice thing about continuous reinforcement is that it creates a behavior that is very resistant to extinction.

(true/false)

Answer. False

13. Taste aversion is a real-world example of

a. operant conditioning.   **b.** classical conditioning.

c. observational learning.   **d.** cognitive mapping.

Answer d. Cognitive mapping

14. In_learning, a person or animal learns a response that_a negative reinforcer.

a. escape; prevents the occurrence of

b. escape; terminates

c. avoidance; terminates

d. avoidance; initiates

Answer d. Avoidance; initiates

15. Ms. Doe, a new teacher, is having a difficult time with her misbehaving second graders. When the principal enters the room, the children behave like perfect angels. In this case, the principal may be thought of as a(n)__.

a. positive reinforcer   **b.** unconditioned stimulus

c. shaping reinforcer   **d.** discriminative stimulus

Answer d. Discriminative stimulus

16. According to Tolman,____is defined as learning that occurs without apparent reinforcement but is not demonstrated until the organism is sufficiently reinforced to do so.

a. classical conditioning   **b.** modeling behavior

c. latent learning   **d.** cognitive mapping

Answer c. Latent learning

17. Which statement best sums up research on learning from video games?

Answer - Electronic multitasking environment

Critical Thinking: Write short answers

1. Compare and contrast the strengths and limitations of classical conditioning, operant conditioning, and observational learning in explaining how behaviors are acquired and maintained.

Classical conditioning promotes learning and growth that is motivated by a passion. Adult learning thrives in an environment that promotes it. According to classical conditioning, we pursue specific outcomes because important people in our lives encouraged us to do so. Our environment consists of more than just the physical surroundings that surround each individual. The social interactions we receive from family and friends on a daily basis also aid in our development. The classical conditioning process is unique in that it provides individuals with an adaptive mechanism. We all choose behaviors or actions based on what we believe will be the outcome. These decisions are not always moral or spiritual in nature. We follow our physical desires more than our mental processes because of the external stimulus that is available. According to classical conditioning, this creates an environment in which external stimuli are almost always more powerful than internal stimuli.

Classical conditioning is frequently used in therapeutic interventions because it can help us understand how some individuals make certain decisions even when they want to do something different. The reality of classical conditioning is that we can choose our environments, which means we can choose our behaviors and actions simultaneously. Even if an outside party initiates this process, it can assist us in breaking bad habits. Classical conditioning is used in a variety of different ways in the environments we encounter on a daily basis. People associate

positive and negative experiences with each action they take in life. Classical conditioning can help to treat a variety of phobias because it alters the environment that causes the response in the first place.

On the other hand, Classical conditioning has its limitations.

Classical conditioning doesn't really take into account the concept of free will. In this model, our environment dictates our behaviors and choices, so unexpected events will dictate our preferences and actions. This learning process undervalues the uniqueness of human beings. With our current knowledge of the universe, there are three specific traits that we can find in humanity that make us absolutely unique as a species: symbolic abstract thinking, structure building, and higher consciousness. Classical conditioning has no predictive value. People will react differently to the stimuli they encounter in their surroundings. Although there are relevant moments for each of us when someone or something influences the way we see the world, the actual reaction is up to each individual.

We must distinguish between "creating" and "learning." since classical conditioning does not aid in the development of new behaviors. It is a learning process that links a natural response to a stimulus in the environment. The classical conditioning process results in the development of new behaviors as a natural byproduct. It is difficult to quantify because the response can provide varying degrees of success in each situation. There are various factors that can alter the potential outcomes. In stable environments, a variety of changes can occur, influencing how people react. Individual experiences, perspectives, and habits are just as important to the final result as the external factors that exist at the time a decision is made. Even when a specific stimulus is associated with a specific response, the activity that follows is not entirely predictable. To be useful, someone must have positive associations. If a person has pre-existing

negative feelings about someone or something, classical conditioning will not automatically turn a frown into a smile. People do not develop positive feelings toward things they strongly dislike.

People can choose to defy their conditioning. People have the ability to ignore their conditioned responses. It may still elicit a reaction, but that reaction does not always translate into behavior. When generating results, it has a temporary effect. Classical conditioning can produce a positive response to a different stimulus that is associated with something pleasurable. It will also temporarily transfer that emotion.

Operant Conditioning

One of operant conditioning theory's strengths is that it has many programs in society, consisting of the usage of token economies with individuals with mental health issues; favored behaviors consisting of making eye contact are rewarded with the usage of secondary reinforcers (tokens) that may be stored up and exchanged for predominant reinforcers (e.g. treats consisting of a time out or a unique dinner), with the impact of growing eye contact and for that reason assisting alter social conduct for the client.

Furthermore, operant conditioning can explain the persistence of phobias. For example, avoiding the feared object reduces anxiety, implying that avoidant behavior is imprinted and becomes more likely as a result of negative reinforcement. Subsequently, operant conditioning is substantiated by studies such as Vaughn et al, who used rewards to teach cows to urinate in the correct part of their enclosures, demonstrating that the consequences of a behavior are important in determining whether that behavior becomes more or less likely.

While it is very effective, it is important to understand that operant conditioning has a number of drawbacks. Many of these are issues that are difficult to track down outside of your immediate vicinity. If you're having a lot of problems, keep in mind that operant conditioning, while simple, is frequently too simple to teach very complex concepts. As a result, if you're really trying to communicate something really complex or in-depth to someone else, you should be prepared to run into a lot of problems. If the same thing happened when trying to teach a concept to an animal or someone else, you'd have to admit that operant conditioning is also to blame. Unlike many other methods of instruction, it is unquestionably one of the best, but you must understand how it works in order to use it effectively from top to bottom.

Observational Learning

Whereas observational learning is beneficial for coaching high-quality new behaviors, it can additionally inspire the adoption of formerly forbidden behaviors. During the 1990s, psychologists made a startling declaration primarily based totally on Albert Bandura's theories that kids discovered to act aggressively after observing violent acts completed with the aid of using adults or older kids, especially their own circle of relatives. Children who observe their parents' abusive behavior, for example, are much more likely to emerge as abusive themselves.

Television is a source of behavior modeling in many cases. Many forms of adult and child entertainment include some form of behavior and portray it as socially acceptable, if not desirable. This type of exposure has been shown to trigger aggressive behavior in those who are subjected to it on a regular basis. According to one study, homicide rates increased after media events such as televised heavyweight championships. A second study discovered that

children who watched more television than the average amount were significantly more likely to become violent criminals.

Albert Bandura was a pioneer in the field of observational learning research. He refined a description of the learning process during the twentieth century, which needed learners to watch particular behaviors, recall the action, and have the opportunity to model the behavior. Recent experts, however, claim that learning occurs after observing particular activities and their consequences, even if learners may not physically imitate the same activity for some time.

Learners are more motivated to repeat behaviors that they enjoy and are capable of successfully executing. Other key elements in learning are not taken into account in Observational Learning Theory. In general, the Social Learning Theory disregards an individual's physical and psychological limitations. Inherited factors can influence how learners react to an act as well as their ability to remember and repeat specific actions.

2. **The use of behavior modification has been a source of controversy among psychologists and others. Prepare arguments supporting each of these positions:**

a. Behavior modification should be used in society to shape the behavior of others.

Behavior modification is a kind of psychotherapy intervention this is used to put off or lessen maladaptive conduct in youngsters and adults. While a few remedies intend to alternate wondering techniques that have an impact on conduct, conduct amendment makes a specialty of converting precise movements with little regard for a person's mind or feelings. The intervention's development and consequences may be measured and evaluated. It is important to do a useful evaluation of the antecedents and implications of the intricate conduct(s). This permits the identity of positive goal behaviors a good way to function the point of interest of

treatment. Then, with the use of reinforcers and consequences, precise elements may be managed to alternate trouble conduct (s). The intention is to take away or decrease dangerous conduct.

Both reinforcement and punishment work alone and in tandem as part of a behavior strategy. One immediate advantage of behavior modification schemes is that they change from punishing unwanted behavior to rewarding good behavior.

The indicators for growing a conduct amendment plan may be for any unwanted, maladaptive, or aberrant conduct. It also can be used to educate and toughen new, preferred behaviors. In scientific settings, the remedy crew makes use of the idea of operant conditioning to enhance prosocial behaviors thru fantastic results as visible in token economy, shaping, differential reinforcement of preferred behaviors, and extinguishing the undesired behaviors thru bad results like an overcorrection, reaction costs, time outs.

In infant psychiatry, behaviour modification is regularly a part of remedy-making plans while an infant is recognized with attention-deficit hyperactivity disorder (ADHD), oppositional defiant disorder, behavior disorder, intermittent explosive disorder, or different externalizing issues (in preference to internalizing issues like predominant depression). While conduct remedy isn't always restrained to externalizing conduct issues, it is usually a key part of the remedy plan due to the fact that providing trouble is conduct-related.

Behavior modification is likewise a factor of Parent-Child Interaction Therapy (PCIT), which teaches precise talents to the dad and mom that they could use to assist enhance bodily and verbal exchanges with their kids. PCIT is an evidence-primarily based totally intervention for stopping child abuse & neglect, beneficial for kids who show off disruptive conduct and/or have skilled trauma, the ones on the autism spectrum, and has been proven to lower baby's danger of delinquent and crook conduct later in life.

Behavior modification achieves dreams in remedies that medicinal drugs by themselves might not be capable of accomplishing. It has long-lasting outcomes for the man or woman even after the conduct plan is not in location due to the fact the brand new conduct is already established. Behavior can extrude the manner someone thinks and feels approximately themselves which in psychiatry is a final goal.

b. Behavior modification should not be used in society to shape the behavior of others.

Resistance withinside the beginning, from each kid and the figure or teacher, is to be expected. Children are frequently against attempting something new due to the fact they're bored with being punished and reprimanded for his or her aberrant conduct. They do now no longer need any greater privileges or gadgets taken away or banished. They might also additionally have low shallowness or lack self-belief that they are able to effectively satisfy the conduct plan. This is in which shaping is important. If they arrive near accomplishing the preferred conduct, they may be rewarded in element or entire for his or her attempt with the intention to in the future attain the intention fully.

Parents or authority figures are on occasion resistant due to the fact they're indignant or annoyed with the kid and do now no longer need to praise them for tremendous conduct. They will also be involved that it'll now no longer paintings. It can be a brand new manner of wondering that's tough and calls for paintings to implement consistently.

A behavior modification plan has to now no longer be begun if it can't be as it should be done with consistency and longevity. Often, shaping, that is reinforcing and profitable conduct because it techniques the preferred conduct, is wanted earlier than the preferred conduct is completely reached. Perfection can't be the expectancy from a conduct plan. Mistakes and setbacks are not an unusual place while an extrude in conduct is expected, so consistency and

endurance are critical for the caretakers and the clinician. If a conduct plan is handiest in part enforced, then this may cause worsening conduct.

If behavior modification is the proposed remedy modality, must reinforcement strategies be utilized in the desire for punishment? Yes, if in any respect possible. Since the results of punishment aren't as predictable and given that its use introduces a number of moral concerns, it must be used simplest in conditions in which no affordable options exist. Even then, a very last choice may also rely upon a number of associated perimeters, inclusive of the diploma of aversiveness of each the punishment and the conduct to be modified, and the overall time and involvement demanded with the aid of using the technique.

Application Essay: Write a 3-paragraph answer

1. Like most schools, Pine Meadows High School has an awards assembly at the end of each school year during which students receive awards for straight-A report cards and other academic achievements. Mr. Smith, the principal, has always wondered why watching peers receive rewards does not seem to motivate low-achieving students to do better in school. Using what you have learned about the factors that influence the effectiveness of models (status, attractiveness) and the principles of observational learning (attention, retention, reproduction, reinforcement), write a letter to Mr. Smith explaining why poor students may not be motivated by watching good students receive awards.

Dear Mr. Smith

In view of the challenge being faced at Pine Meadows High School with regard to the non-improvement of low-achieving students a few suggestions below might shed light on the challenge.

Psychologist Albert Bandura (1986) argues that many behaviors or responses are obtained via observational learning or social-cognitive learning. Observational learning outcomes whilst humans take a look at the conduct of others and observe the effects of that conduct. The efficacy of a model

is associated with his or her reputation, competence, and power. Other essential elements are the age, sex, attractiveness, and ethnicity of the model. Moreover, observers' personal traits impact the potion to which they study from models. Whether discovered conduct is genuinely accomplished relies upon in large part on whether or not the observed models are rewarded or punished for his or her conduct and whether or not the watcher anticipates being rewarded for the conduct

The challenge though is that in reality looking at top-appearing college students get rewarded for their efforts does now no longer always bring about studying. Bandura proposed that 4 strategies decide whether or not observational studying will occur:

Attention

The low accomplishing students need to attend to their peers. The low accomplishing students can't analyze until they are aware of what's going on around them. This procedure is motivated via way of means traits of the top-acting students, along with how a whole lot one likes or identifies with them, and via way of means traits of the low-acting students, along with their expectancies or degree of emotional arousal.

Retention

The low-performing students ought to keep records of their peers' conduct in memory. They ought to now no longer simplest apprehend the rewards of top performers however additionally don't forget them at some later time. This manner relies upon the low achieving students' cap potential to code or shape the records without problems remembering shape or to mentally or bodily rehearse the movements of their peers.

Reproduction

The low-performing students should be bodily and cognitively able to perform the conduct to study it. In different words, irrespective of how a whole lot of time is dedicated to watching the top performers being awarded, they won't be capable of accumulating capabilities like theirs except they own abilities that are identical to theirs. They should be bodily and/or intellectually able to generate identical consequences as their friends. In many instances though, studies have determined that the observer possesses vital responses. But in this case, it is probably that reproducing the top-performing student's movements may also contain capabilities the low-performing students won't but have acquired. It is one element to cautiously watch how their friends do, however, it's far pretty every other to head home and repeat those acts.

Reinforcement:

Ultimately, to showcase conduct discovered via observation, the low-performing students should be encouraged to exercise and carry out the conduct on their own. In general, the scholars will carry out as their friends' best in the event that they have little motivation or purpose to do so. The presence of reinforcement withinside the shape of rewards even at once to the low-performing students turns into maximum essential in this process.

I hope this has been of assistance in how the school will formulate strategies to help improve the low-performing students.

Sincerely yours

Timothy Chabualasanza

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