

Chapter 8 Big Ideas

Two Forms of Learning

- Classical Conditioning
- Instrumental (Operant) Conditioning

Classical Conditioning

- Pavlov's salivating dog
- Unconditioned Stimulus (UCS or US)
- Conditioned Stimulus (CS)
- Conditioned Response (CR)
- Experimental Extinction
- Unconditioned Reflex
- Conditioned Reflex
- Stimulus Generalization

Instrumental (Operant) Conditioning

- Operant (R)
- Discriminative Stimulus (S^D)
- Contingency
- Reinforcement (S^R)

Schedules of Reinforcement

- Fixed Interval
- Variable Interval
- Fixed Ratio
- Variable Ratio

Types of Reinforcement

- Positive Reinforcement
- Negative Reinforcement
- Positive Punishment
- Negative Punishment

Classical Conditioning & Phobias

Instrumental Conditioning & Phobias

Preparedness

Depression

- Learned Helplessness
- Lewinsohn's Model

Conditioning and Health

Systematic Desensitization

Punishment