**LEARNING and CLASSICAL CONDITIONING**

**Learning** is the process of acquiring new and relatively enduring information and behaviors. One way we learn is by **associative learning** which is when we learn that two events occur together. The other way is **cognitive learning** which is the acquisition of mental information, whether by observing events, by watching others, or through language

**CLASSICAL CONDITIONING**

Classical conditioning is a type of associative learning that is strongly tied to behaviorism. Classical conditioning is a simple form of learning in which one *stimulus* creates a *response* that is usually called for by another stimulus. This occurs when two stimuli have been associated with each other.

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|  | Procedure | Result |
| **Classical Conditioning** | Before conditioning is begun, an unconditioned stimulus (US) such as meat brings forth an unconditioned response (UR) such as salivation. During conditioning, a neutral stimulus (NS) such as a bell is paired with the unconditioned stimulus (US). | The neutral stimulus (NS) becomes a conditioned stimulus (CS). The CS (bell) brings forth the CR (salivation). |
| **Example** | A child waits for her parents to come home. She hears a car drive up (neutral stimulus). Then her parents come inside (US). She becomes excited (UR) when she sees her parents come in. | After a few repetitions in which hearing the car is followed by her parents’ coming in, she becomes excited (CR) when she hears the car drive up (CS). |
| Related Terms:  **Acquisition**—when on links a neutral stimulus and an unconditioned stimulus  **Extinction**—when the conditioned response diminishes, no longer a connection  **Spontaneous recovery**—reappearance of an extinguished conditioned response  **Generalization**—tendency for stimuli similar to the conditions stimulus to elicit a similar response  **Discrimination**—learned ability to distinguish between a conditioned stimulus and stimuli that do not signal an unconditioned stimulus | | | |
| **Famous studies**: Ivan Pavlov and his study of dogs and salivation; John B. Watson and Rosalie Rayner’s study about “Little Albert” | | | |

