

PSYC 1000 Paper 3

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Learning

To begin with, I would like to describe each of the types of learning that are required to be analyzed. Firstly, classical conditioning is a type of learning process that becomes the involuntary response to a particular stimulus. Ivan Pavlov accidentally discovered while he was conducting his study of the effects of salivation on a dog's digestion. He found that initially, dogs salivated on the sight of food in front of them, but over time as the experiment progressed, he noticed that dogs started salivating by the sound of the bell alone. Thus, classical conditioning happens when an unconditioned response is paired with a neutral stimulus produces a conditioned response (Schacter, Gilbert, Nock, & Wegner, 2020).

Secondly, operant conditioning is another type of learning which states that all behavior is dictated by rewards or punishments (Schacter, Gilbert, Nock, & Wegner, 2020). Examples are when a kid draws within lines, the teacher appreciates him and gives him a star these are rewards that increase the likelihood of the child repeating the behavior. Punishments decrease the likelihood of recurrence of unpleasant behavior. Thirdly, observational learning is a type of learning that happens through observation of the behavior (Schacter, Gilbert, Nock, & Wegner, 2020). For instance, children imitating the actions of their parents.

Moving on, I would like to describe an experience in which I learned new information through classical conditioning. For example, classical conditioning as we know runs on the principle of associationism. Subsequently, the simplest yet classic example of classical conditioning in my case is based on aroma. Since I have a very strong sense of smell and most of my pleasant, as well as unpleasant memories, are associated with a sense of smell/aroma. While growing up, a very dear friend played around a park that had a café close to it. Moreover, the smell of coffee and warm cakes from that place was alluring but it was off-limits for us as kids.

Obviously, as we grew up, we had most of our casual double dates in that café. Eventually, my friend shifted to another city for college, and I am still here. Consequently, whenever I pass that café, the alluring sense of the aroma of coffee entices me and I am instantly reminded of my friend.

In the end, I would like to conclude by stating that there are four basic elements of classical conditioning, namely the neutral stimulus (NS), the unconditioned response (UR)- the unlearned natural response, the unconditioned stimulus (UCS) stimulus that is presented that makes you react and the conditioned stimulus (CS) and Conditioned Response (CR) (Schacter, Gilbert, Nock, & Wegner, 2020). In my example, the association is between the sense of smell and memory. Finally, the aroma from the café takes me back to the memories of my childhood. In this case, the conditioned response is happy memories from childhood. Usually, the café might not induce such memories for other people. That is the unconditioned stimulus.

Reference

Schacter, D. L., Gilbert, D. T., Nock, M. K., & Wegner, D. M. (2020). PSYC 1000 Introduction to Psychology I. The University of Colorado Denver. *Psychology* (5th edition). New York: Worth Publishers.