

CA3 Trigger Question

Topic 2: Classical Conditioning

Your assignment is to choose one behaviour or one phobia that you would like to modify (behaviour) or eliminate (phobia). Applying the classical conditioning principles, discuss how you could modify the behaviour or eliminate the phobia.

You **may refer** to the following questions when writing your journal.

Important: Do be creative when writing your journal. The questions below serve a reference for your assignment.

- What is the behaviour/phobia?
- How is the behaviour/phobia acquired/conditioned? (Before During and After)
Note: Identify the Neutral Stimulus, Unconditioned Response, Conditioned Stimulus Conditioned Response, before, during and after.
- What method(s) will you apply to modify the behaviour or eliminate the phobia?

For more information about writing the Learning Journal, refer to the CA3 Brief.