**Conditioning**

**Classical Conditioning**

Avoidance learning—learn to avoid some thing because of the triggering of emotional responses

Conditioned Phobias—little Albert became fearful of rats by being exposed to a loud ‘bang’ every time he was presented with a rat. This was then generalised to include all fuzzy things.

Biological preparedness—The biological predisposition to becoming conditioned to things that aid in survival. i.e. Easy to develop a snake phobia

Contrapreparedness—Difficult to develop a conditioning about unnatural things. i.e. Hard to develop a car door phobia.

Extinction—the removal of the associative conditioning.

Spontaneous Recovery—the spontaneous re-emergence of a CR after it has been subjected to extinction.

Stimulus generalisation vs. Stimulus discrimination: the ability to diversify or not diversify the CS

Higher order Conditioning—it is possible to use a CS to cause a CR to a new CS2, but the CR will be weaker.

Inside the brain: information comes in through sensory input–>amygdala reacts–> hippocampus stores associations–>amygdala triggers expression–>other brain parts cause an outward display of behaviour–>neural pathways are established.

**Operant Conditioning**

Stimulus–>Response = consequence

Reinforcement—something that increases the likelihood of a specific behaviour

* Positive reinforcement—give a reward for desired behaviour
* Negative reinforcement—take away something positive when the undesirable behaviour is performed

Punishment—decreases the likelihood of undesired behaviour

* Positive punishment—punish for undesired behaviour
* Negative punishment—remove something negative when the desirable behaviour is performed

Tantrums are punished leading to fewer tantrums Positive punishment

Tantrums bring attention leading to more tantrums Positive reinforcement

Slot machine pays out leading to more gambling Negative punishment

Thorndike’s puzzle box

Law of Effect—actions that have positive outcomes are likely to be repeated

Skinner Box—the timing of reinforcement affects the strength of the conditioning

Scheduling—the frequency of reward