**Unit 1 - Lesson 4 : lesson summary**

# Unit 1 – What is Psychology?

### Lesson Summary – Lesson 4 (Psychology in Everyday Life: Habits and Learning)

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### ****Lesson Summary (Explore + Practice)****

Psychology is not just something we learn in class—it shows up in our everyday habits and how we learn new things. A **habit** is something we do automatically, often without thinking, because we have repeated it many times. For example: brushing your teeth before bed, checking your phone when it buzzes, or saying “thank you” when given something.

Psychologists study how habits are formed. One of the most famous studies was done by a scientist named **Ivan Pavlov**. He noticed that when dogs heard a bell just before getting food, they eventually started to salivate when they heard the bell—even if no food came. This showed that the dogs had learned a habit by connecting two events: bell → food. This is called **classical conditioning**, a type of learning that links one thing in the outside world to a response inside us.

We watched a short video called Pavlov’s Dogs Explained for Kids. It showed how repeated experiences can shape behavior, and how habits can be helpful or unhelpful.

In class, students listed some of their own habits and thought about:

* What event or signal triggers the habit?
* How does it make them feel?
* Is the habit helpful (like brushing teeth) or unhelpful (like biting nails)?

By noticing how habits are formed, we can learn to build good ones and change bad ones.

Watch the video: Pavlov’s Dogs Explained for Kids (findable on YouTube). As you watch, think about how the dogs’ learning is similar to the way you build habits in your daily life.

### ****Comprehension Questions****

1. What is a habit, and how is it formed?
2. Who was Pavlov, and what did his dog experiment show about learning?
3. Can you name one habit that is helpful and one that might be unhelpful?
4. How can a signal (like a bell or a phone buzz) trigger a response?
5. Why do psychologists study habits and learning in everyday life?