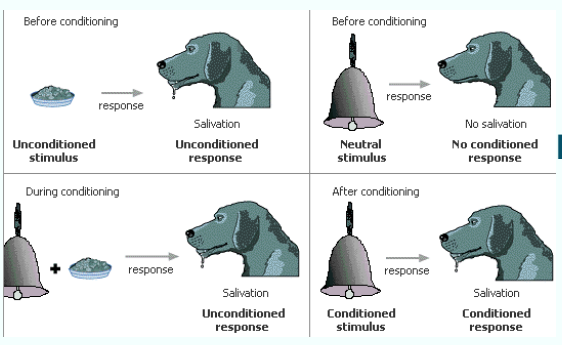
BEHAVIORISM
LEARNING THEORIES

Behaviorism: How Does It Relate to Learning?

- Learning occurs through forming stimulus associations.
- A Neutral Stimulus (NS) paired with an Unconditioned Stimulus (US) becomes a Conditioned Stimulus (CS).
- The CS gradually produces a Conditioned Response (CR).
- Extinction occurs when the CS is no longer paired with the US.
- Spontaneous recovery is the reappearance of the CR after extinction.
- Learning is demonstrated through observable and measurable performance.

Section 1: Classical Conditioning



Core Principles

Learning is behavioral change.
Learning follows stimulus–response mechanisms.
Internal processes are excluded as unobservable.
Behavior is conditioned by experience.
Equal-potentiality: humans and animals learn similarly.

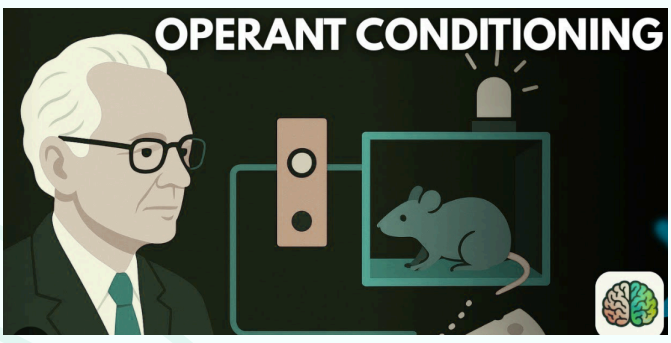
Theorists

Ivan Pavlov: Classical conditioning experiments with dogs.
John B. Watson: Founder of behaviorism, emphasized observable behavior.
Edwin Guthrie: One-trial learning principle.

Key Terms

Neutral Stimulus (NS) • Unconditioned Stimulus (US) • Conditioned Stimulus (CS) • Conditioned Response (CR) • Extinction • Spontaneous Recovery • Stimulus Generalization • Stimulus Discrimination

Section 2: Operant Conditioning



Core Principles

Reinforcement strengthens behavior.
Punishment weakens behavior.
Shaping: Reinforcing closer approximations toward the desired behavior.
Chaining: Linking smaller behaviors into a complex sequence.

Theorists

B.F. Skinner: Operant conditioning, reinforcement and punishment.
Edward Thorndike: Law of Effect.

Key Terms

Free Operant Level: Natural frequency of a behavior before reinforcement.
Terminal Behavior: The specific final behavior aimed for.
Reinforcement: Increases the chance of repeating a behavior.
Punishment: Decreases the chance of repeating a behavior.
Shaping: Teaching by rewarding closer steps to the target behavior.
Chaining: Linking smaller behaviors into a full sequence.
Extinction: Behavior fades when reinforcement stops.
Superstitious Behavior: Behavior repeated due to accidental reinforcement.