

Learning Goals

Chapter 6: Learning



How Do You Learn?

- 6.1 Explain what learning is.
- 6.2 Compare and contrast the three main types of learning.

How Do You Learn Through Classical Conditioning?

- 6.3 Explain the four steps in classical conditioning.
- 6.4 Summarize the classical conditioning concepts of acquisition, extinction, spontaneous recover, stimulus generalization and stimulus discrimination.
- 6.5 Explain how you can acquire a phobia through classical conditioning and reduce it through counterconditioning.
- 6.6 Explain the influences of adaptation and cognition on conditioning.

How do You Learn Through Operant Conditioning?

- 6.7 Distinguish between the operant and reinforcer in operant conditioning.
- 6.8 Explain how primary and secondary reinforcers shape behavior and improve learning.
- 6.9 Explain how the four types of reinforcement and punishment affect behavior in operant conditioning and how the four different schedules of reinforcement can influence how long a behavior persists. **(There are two types of reinforcement and two types of punishment for a total of four types).**
- 6.10 Explain why positive punishment is often an ineffective means of learning.
- 6.11 Describe how secondary reinforcement is used in behavior modification.
- 6.12 Describe the role of dopamine in reinforcement, how evolutionary forces influence what can be learned, and how learning can occur in the absence of reinforcement.

How do You Learn Through Watching Others?

- 6.13 Explain the three types of learning by watching others.
- 6.14 Explain how mirror neuron activity in the brain supports observational learning.

In addition, you should be able to give examples and elaborate on the major concepts from the chapter.