

# Learning



## How Do You Learn?

- 6.1 You Learn From Experience
- 6.2 You Learn in Three Ways

## How Do You Learn Through Classical Conditioning?

- 6.3 Through Classical Conditioning, You Learn That Stimuli Are Related
- 6.4 Learning Varies in Classical Conditioning
- 6.5 You Can Learn Fear Responses Through Classical Conditioning
- 6.6 Adaptation and Cognition Influence Classical Conditioning

## How do You Learn Through Operant Conditioning?

- 6.7 Through Operant Conditioning, You Learn the Consequences of Your Actions
- 6.8 You Can Improve Learning Through Reinforcement
- 6.9 Both Reinforcement and Punishment Can Influence Behavior
- 6.10 Positive Punishment is Often Ineffective
- 6.11 Using Psychology in Your Life: Can Behavior Modification Help You Learn to Exercise Regularly?
- 6.12 Biology and Cognition Influence Operant Conditioning

## How do You Learn Through Watching Others?

- 6.13 There are Three Ways You Learn by Watching Others
- 6.14 Biology Influences Observational Learning