

Learning and Conditioning

Learning – a relatively permanent change in behavior that results from experience

Simplest:

- **Habituation** - you stop paying attention to something because it is not viewed as important (feel of clothing on your back)
- **Sensitization** - start paying more attention to something that you would normally ignore (ex: sound of each car driving by, because your ride is late)

More complex:

Classical Conditioning

Unconditioned: automatic, involuntary actions that occur

Stimulus: any aspect of or change in the environment to which an organism responds (plural: stimuli)

Ivan Pavlov: 1927, Russian - studied the digestive system of dogs

PARTS of CC

- Unconditioned stimulus (UCS) – an event that elicits a certain predictable response with previous training
- Unconditioned response (UCR) – an organism's automatic (natural) reaction to a stimulus

- Neutral stimulus (NS) – a stimulus that does not initially elicit a response
- Conditioned stimulus (CS) – a once given neutral response that elicits a given response after a period of training in which it has been paired with an unconditioned stimulus
- Conditioned response (CR) – the learned reaction to a conditioned stimulus

Other parts of the classical conditioning experiment

Generalization – can't tell the difference between 2 similar stimuli (ex: circle and oval both cause dog to salivate)

Discrimination – able to tell the difference between 2 similar stimuli (ex: circle, yes salivation; oval, no salivation)

Extinction (extinguished) – without training eventually the CS will no longer cause the CR

Spontaneous Recovery – even behavior that has been extinguished will from time to time (out of the blue) cause the CR (usually not as strong)