**Reading Outline for Plotnik’s Introduction to Psychology, 4th Edition**

**Module 9 “Classical Conditioning”**

**A. Three Kinds of Learning**

1. **Classical Conditioning –**

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2. **Operant Conditioning** –

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3. **Cognitive Learning** –

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**B. Procedure: Classical Conditioning**

***How Is Salivation Classically Conditioned?***

Step 1: Selecting Stimulus and Response

**Neutral Stimulus –**

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**Unconditioned stimulus –**

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**Unconditioned response –**

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Step2: Establishing Classical Conditioning

**NS UCS**  **UCR**

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Step 3: Testing for Conditioning

**Conditioned stimulus** –

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**Conditioned response** –

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***Why Does Reading ZooWorld Make Carla Anxious?***

(Summarize using above steps)

**NS –**

**US –**

**UR –**

**CS –**

**CR -**

**C. Other Conditioning Concepts**

***Four Concepts***

**1. Generalization -**

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**2. Discrimination -**

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**3. Extinction -**

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**4. Spontaneous Recovery –**

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**D. Adaptive Value**

***What’s the Use of Classical Conditioning?***

Taste-Aversion Learning: In Nature

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Salivation and Digestion

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Emotions, Fears, and Phobias

**Conditioned emotion response –**

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**Phobia –**

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**E. Two Explanations**

**W*hat is Learned?***

**Stimulus Substitution Theory -**

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**Contiguity theory –**

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**Information Theory** –

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**F. Research Focus: Little Albert**

**Research Question: Can Emotional Response Be Classically Conditioned?**

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**Method**

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**Results**

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**Problems and Conclusions**

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**G. Cultural Diversity: Dental Fears**

Role of Classical Conditioning

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Do Cultural Differences Influence Dental Fears?

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What Are the Origins of Dental Fears?

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What Are the Effects of Dental Fears?

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**H. Application: Conditioned Fear & Nausea**

***Classically Conditioned Physiological Responses***

**Study: Conditioned Fear**

**Procedure**

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**Results**

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**Study: Conditioned Nausea**

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**Study: Systematic Desensitization**

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Three Step Procedure

1. Learning to Relax –

2. Developing an anxiety hierarchy -

3. Imagining a fearful stimulus and immediately relaxing -

Effectiveness of Systematic Desensitization

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