**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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