

Conditioning Review

CLASSICAL CONDITIONING Examples – Three behaviors learned through classical conditioning:

1. Since I am not a good cook, I often use the microwave to cook meals. The idea of eating the food makes me salivate. Since I use the microwave so frequently, I have been conditioned to salivate to the ding of the microwave. This has become so bad that stimulus generalization now takes place. Whenever I am at a friend's house and hear a ding that sounds like my microwave, I begin to salivate.
 - a. UCS – the food
 - b. UCR – salivating to the food
 - c. CS – the ding of the microwave
 - d. CR – salivating to the ding of the microwave
2. My dogs have conditioned my family and me. Whenever someone rings the doorbell, my dogs bark like crazy and someone in my house rushes to answer the door. Occasionally, my dogs make a mistake and bark when there is nobody at the door. Someone in my house still has to run to the door assuming someone is at there to visit.
 - a. UCS – someone coming to the door/doorbell rings
 - b. UCR – adrenaline rush that causes the action of answering the door when the doorbell rings
 - c. CS – dogs barking
 - d. CR – adrenaline rush that causes the action of answering the door when the dogs bark.
3. When I was 5 or 6 years old, I caught a bad case of the flu. Before I was feeling the full symptoms of the flu, my parents served turkey for dinner. I liked turkey, so I ate a lot of it. Within an hour after dinner, I became extremely sick and nauseous. For roughly the next 10 years, I could not stand the sight or smell of turkey.
 - a. UCS – The flu
 - b. UCR – Getting sick/nauseous
 - c. CS – sight and smell of turkey
 - d. CR – Getting sick/nauseous because of the sight or smell of turkey

OPERANT CONDITIONING – One behavior learned through operant conditioning

When I was little I would always stick my tongue out at my mom. Since she didn't like this, she would smack my mouth whenever I stuck my tongue out. I eventually stopped sticking my tongue out.

- What behavior was modified/changed?
 - *Sticking my tongue out*
- Was the behavior strengthened or weakened?
 - *Weakened*
- What was the consequence?
 - *Getting a slap to the face*
- Was the consequence added or subtracted?
 - *It was added*

The type of operant conditioning used was **positive punishment** because adding a consequence weakened the behavior.