

Learning is any kind of change in the way an organism behaves due to experience and practice.

- Relatively permanent
- Acquired knowledge
- Measured behaviorally
- Adaptability = survival
- When people learn, some part of the brain is physically changed to record what they have learned.

20<sup>th</sup> century perspectives

- they didn't think mental events were important

John Watson

- Psychology should only focus on observable behavior

B.F. Skinner

- Actions controlled by rewards vs. punishment

Behaviorism

- Observable behavior, not mental processes
- Prediction and control of behavior
- Should not infer unconscious or mental, just physical mannerisms

All behavior is learned from experience. Motivations are observable.

CRITICISMS OF BEHAVIORISM

- Internal causes of behavior are ignored
- Does not allow for social/observational learning
- Doesn't explain many aspects of human behavior

ASSOCIATION

Fundamental aspect behind learning.

- We learn by association; our minds naturally connect events that occur in close sequence
- Associative learning; phenomenon of learning that two events occur together
  - See lightening → hear thunder; over time you anticipate the thunder after seeing lightening

- Conditioning; process of learning association; the process of thinking the two events together

#### CLASSICAL CONDITIONING

- Associate two stimuli and anticipate events

#### OPERANT CONDITIONING

- Associate response and consequences, guides future behavior