

# **Psychology Notes – Conditioning (Sample Notes)**

Handwritten notes uploaded for teaching demonstration.

BEFORE - Food + sound of Bell = salivation (UR)  
(US) (CS)

Sound of Bell + Food = salivation  
(CS) (US) (UR)

After acquisition = sound of Bell (CS) = CR (salivation)  
(CS)

Conditioned stimulus + unconditioned stimulus  
(Bell together) (Food = simultaneous conditioning)

Conditioned stimulus (CS) precedes onset of unconditioned stimulus (Food)  
Delayed conditioning

Trace conditioning - CS Bell precedes onset of (US) Food  
with gap in time.

Delayed = most effective way of acquiring  
(conditioned response)

Acquisition of response under backward conditioning is  
very rare.

(Types of unconditioned stimulus)

1) appetitive - US - automatically elicits approach  
response gives satisfaction and pleasure.

2) aversive - Aversive - negative experiences (1-3 trials)

(OPERANT CONDITIONING) (B.F. SKINNER)

Operants are those behaviours and responses which  
are emitted by animals and human being voluntarily  
and under their control.

Operant instrumental conditioning = learning in which  
behaviour is learned, maintained and changed through  
its consequences.

Reinforcers - (+) pleasant consequences.

(-) unpleasant consequences.

Punishment = suppress response immediately (but not  
permanent)

Conditioned  
response

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