

Theories of Learning — Practice Worksheet

This worksheet covers the three theories of learning and their application in behaviour modification. Use precise psychological terminology in your answers — marks are awarded for accurate use of technical vocabulary.

Part A — Classical conditioning

Q1. Define the term 'classical conditioning'. (3 marks)

Q2. A child comes to fear the sound of a dentist's drill after experiencing pain during a dental visit. Identify each of the following in this example:

- (a) Unconditioned stimulus (UCS): _____
 - (b) Unconditioned response (UCR): _____
 - (c) Conditioned stimulus (CS): _____
 - (d) Conditioned response (CR): _____
- (4 marks)

Q3. Define each of the following key principles of classical conditioning:

- (a) Extinction: _____
 - (b) Spontaneous recovery: _____
 - (c) Stimulus generalisation: _____
- (3 marks)

Part B — Operant conditioning

Q4. Name the three phases of the operant conditioning model. (3 marks)

One: _____

Two: _____

Three: _____

Q5. Distinguish between positive reinforcement and negative reinforcement, providing an example of each. *(4 marks)*

Q6. For each scenario, classify the consequence as positive reinforcement, negative reinforcement, positive punishment or negative punishment:

- A. A worker receives a bonus for exceeding their sales target. _____
- B. A student loses weekend privileges for breaking a curfew. _____
- C. Taking a headache tablet removes the pain of a headache. _____

(3 marks)

Part C — Social learning theory

Q7. Name and outline the four processes of observational learning in Bandura's social learning theory. *(4 marks)*

Q8. Describe the aim and key findings of the Bandura, Ross and Ross (1961) 'Bobo doll' experiment, and explain its contribution to the psychological understanding of learning. *(6 marks)*

Part D — Behaviour modification and extended response

Q9. Explain how systematic desensitisation applies the principles of classical conditioning to treat a phobia. *(4 marks)*

Q10. A psychology student plans to recreate Pavlov's (1902) study of classical conditioning but is concerned about the ethics of using animals in research. State three ethical guidelines for the use of animals in research, and propose how the study could be adapted with reference to each guideline to improve its animal ethics. (9 marks)

Across all three theories, be ready to state how learning occurs (association, consequence or observation), name the designated study for each, and apply the theory to a real-world context.