

Unit 2 Cognitive and Developmental Psychology

By Melanie and Lindsay

Classical Conditioning(Pavlov)

CS: an originally irrelevant stimulus that, after association with the UCS comes to trigger a response.

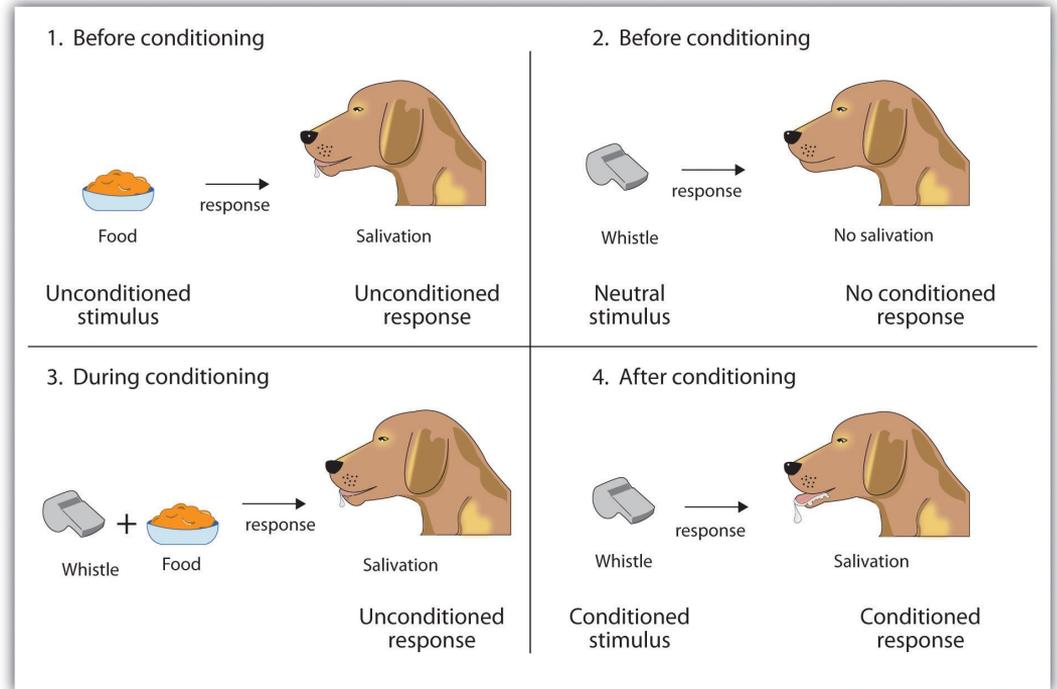
NC:An Unrelated stimulus that will become the conditioned stimulus .

UCR:The unlearned naturally occurring response to the UCS.

UCS:a stimulus that naturally and automatically triggers a response

CR:The learned response to a previously neutral stimulus

NS:An unrelated stimulus that will become the conditioned stimulus.



Classical Conditioning (Pavlov)

Acquisition: the process by which a conditioned response is established or strengthened

Extinction: the gradual disappearance of a conditioned response because the reinforcement is withheld or because the conditioned stimulus is repeatedly presented without the unconditioned stimulus

Spontaneous recovery: the reappearance of an extinguished conditioned response after some time has passed

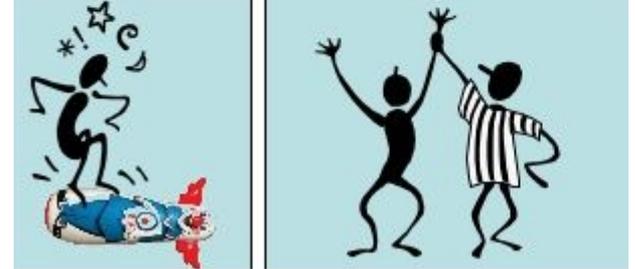
Discrimination: the ability to respond differently to similar yet distinct stimuli

Generalization: the tendency for a stimulus that is similar to the original conditioned stimulus to elicit a response that is similar to the conditioned response

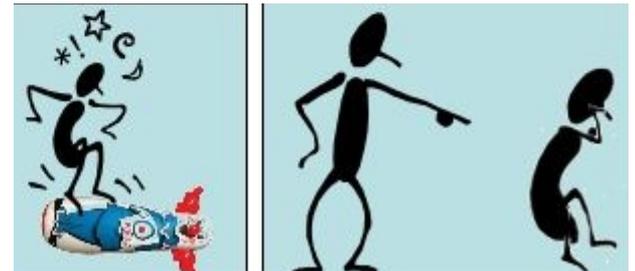
Operant Conditioning (Skinner)

Positive reinforcements: strengthens a behavior by adding a stimulus after a response.

Example-Increasing the behavior of doing chores by adding money



Negative reinforcements: strengthens a behavior by removing an aversive stimulus. Example- increasing behavior of smoking by removing the anxiety



Observational Learning (Bobo doll)

- Experiment the showed children could easily learn aggression through observational learning modeling
- Frustrated children go to beat on clown after seeing adult model do the same
- After a variety of experiments, many consider Bandura to be the father of social learning theory



Cognitive Development (Piaget)

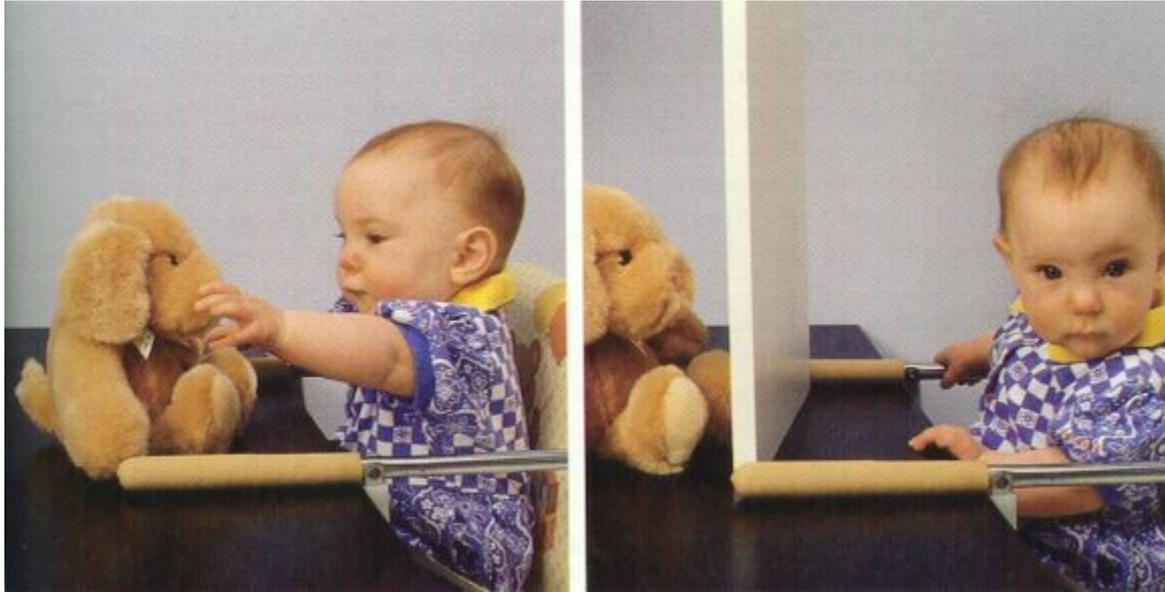
Schema: an idea or mental framework a person uses to organize and interpret information and make sense of the world

Assimilation: the process of fitting objects and experiences into one's schemas to deal with new situations and to understand the environment

Accommodation: the process by which a person changes his or her old methods or schemas to adjust or deal with new situations

Cognitive Development (Piaget)

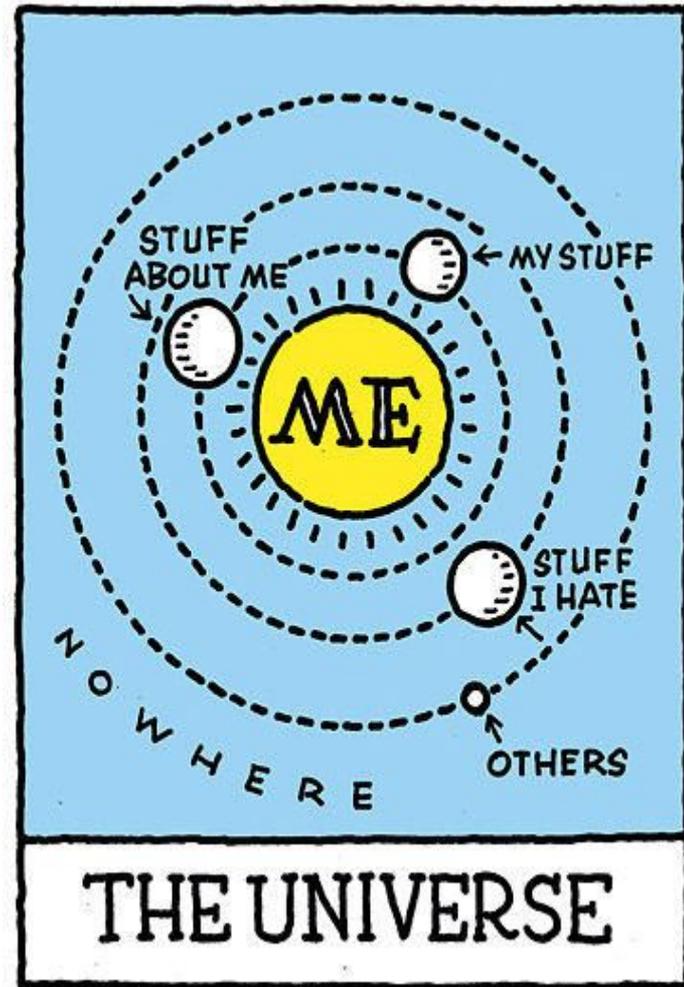
Object permanence: a child's realization that an object exists even when he or she cannot see, hear, or touch it



Cognitive Development (Piaget)

Egocentrism: a young child's inability to understand another person's perspective

Stranger anxiety: the fear of strangers that infants commonly display



Cognitive Development (Piaget)

Sensorimotor: Children develop of the world using their senses and physical abilities (ages 0-2)

Preoperational: During this stage, children begin to engage in symbolic play and learn to manipulate symbols (ages 2-7)

Concrete: The stage of cognitive development in which a child is capable of performing a variety of mental operations and thoughts using concrete concepts (ages 7-12)

Formal: During this time, people develop the ability to think about abstract concepts (ages 12- adulthood)

Sleep and Dreams

Alpha waves: are a type of brain wave that occur when a person is relaxed, but still awake.

Delta waves: Type of brain wave that occur when the person is in deep sleep

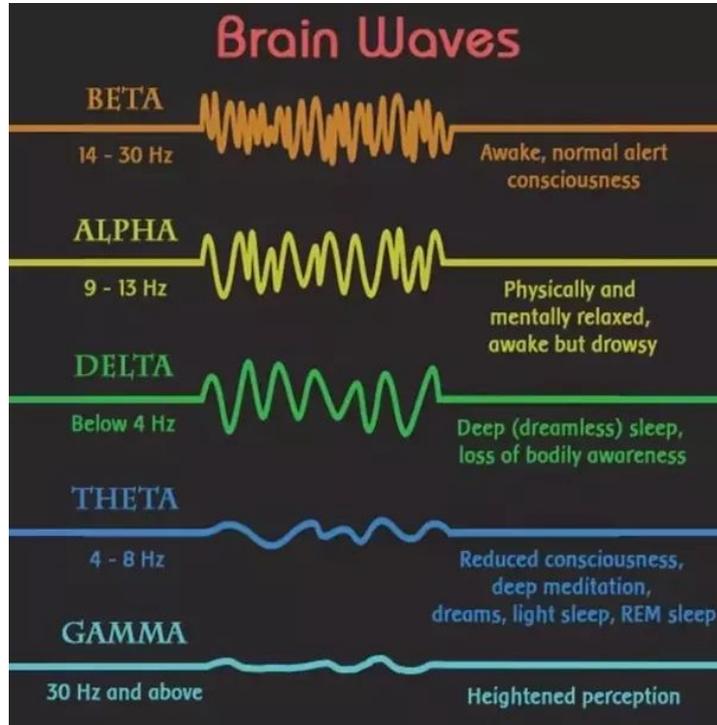
Circadian rhythm: is a cycle that tells our bodies when to sleep, rise, eat—regulating many physiological processes

Manifest/latent dream content-

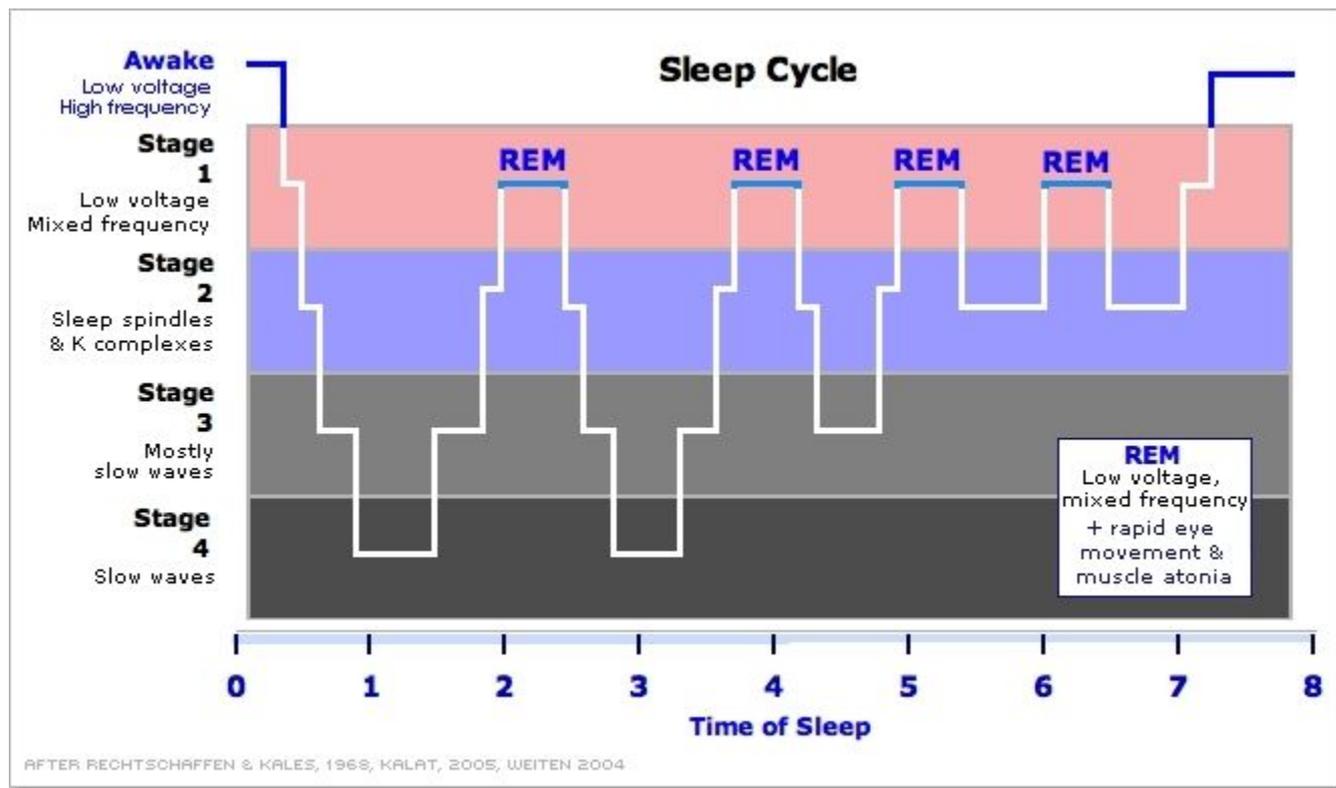
Manifest: what a person remembers about a dream

Latent: refers to the hidden meanings represented symbolically in a dream

Brain Waves

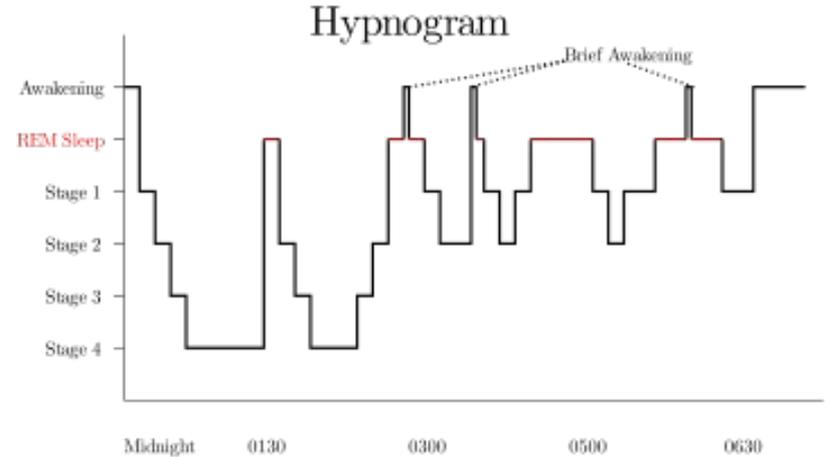


Sleep cycle



REM Sleep (paradoxical)

REM sleep: a stage of sleep characterized by rapid eye movement, a high level of brain activity, a deep relaxation of the muscles, and daydreaming



Sleep Disorders

Night terrors: Sleep Disruptions that occur during stage 4 that include Panic, Screaming, and Confusion.

Narcolepsy: A condition characterized by suddenly falling asleep or feeling very sleepy during the day.

Insomnia: The Failure to get enough sleep at night in order to feel rested the next day.

Sleep apnea: A sleep disorder in which a person has trouble breathing while asleep.

Hypnosis

Hypnosis: a state of consciousness resulted from a narrowed focus of attention and characterized by heightened suggestibility



Drugs

Depressants: are drugs that inhibit the function of the central nervous system (CNS) and are among the most widely used drugs in the world

Stimulants: any object or event that elicits a sensory or behavioral response in an organism.

Hallucinogens: drugs that often produce hallucinations

Kahoot

Link: <https://play.kahoot.it/#/k/165cab20-55ab-46a7-b956-b6c9e01b4805>