**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Observational Learning**

1. ***Cognitive Processes***: Processes that allow us to acquire knowledge through our thoughts, experiences, and senses.
   1. Includes sensation, perception, observation, conditioning, etc… (process of learning)
2. ***Punishment***: Purpose vs Impact
   1. Purpose: to weaken the occurrence of a behavior
   2. For effective punishment:
      1. Should occur ASAP after behavior Should be sufficient; consistent; certain
   3. Possible negative effects: Unwanted fears; justifies pain to others; unwanted behaviors appear in absence of the punisher; aggression towards the agent; often behavior is replaced by another unwanted behavior
3. ***Intrinsic vs Extrinsic motivation***
   1. Intrinsic: Internal desire to do well (read a lot of books because of love for reading)
   2. Extrinsic: Desire to do well based on promised reward or consequence (get good grades in order to earn money)
      1. \*\*\*Giving a reward to intrinsically motivated person can hinder their intrinsic motivation
4. ***Insight vs Latent Learning***
   1. Insight – sudden flash of knowledge (suddenly, I know the answer!)
   2. Latent Learning – Learning that has taken place, but not realized until there is an incentive (rat in a maze looking for the cheese)
      1. Cognitive maps – Latent learning stored as a mental image (a picture of your environment)
5. ***3 Tenets of observational learning***
   1. Response consequences (reinforcement/punishment) influence the likelihood of a behavior
   2. Humans can learn by observing others (vicarious learning)
   3. Individuals are most likely to model behavior observed by those they identify with emotionally
      1. Ex: Even though people know smoking is bad, if they are around people who smoke, they are likely to do the same behavior
6. ***Mirror neurons*** – the power of observation
   1. In observation, mirror neurons fire in the brain *as if you were the one doing the action*; this is partly why we feel empathy;
   2. In our brain, we are mirroring what we observe
7. ***Albert Bandura, Bobo doll study***
   1. Importance of observation
   2. Kids who watched aggressive behavior left unpunished were more likely to act aggressively
   3. Kids who watched aggressive behavior punished were less likely to act aggressively
8. ***Virtual vs live modeling***
   1. Live: Right there with you; Virtual: Seen on TV, computer video, etc…
9. ***Learned helplessness***
   1. Mental state arising when aversive effect is seen as inescapable
   2. After repeated shock, a dog may submit and take the shock rather than try to escape it
10. ***Biological predispositions*** 
    1. when a subject (human, animal, plant) possesses some internal quality that gives them an increased likelihood of having a condition
    2. We learn associations that enhance our survival

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Learning Scenarios   
**Instructions**: Explain how each of the videos relate to observational learning, or to a concept from the back of this form.

|  |  |
| --- | --- |
| **The Brain: A Secret History** | **Chimpanzee Problem Solving** |
| **Cognitive Maps** | Use this space to write a nice note, draw a nice picture, or complete an activity of your choice. |

**Scenarios:**

1. Dylan shows up late to class each day. As a punishment, he gets after school detention for each time he is late. Now, he shows up on time, but becomes very disruptive as he enters the room. Why is this?
2. As Krista watches hours and hours of professional wrestling on her television, she begins to put all of her friends into a headlock. Which study would be able to explain this, and does this demonstrate a live or virtual model?
3. As a young man named Zangrelli watches videos of Michael Jordan dunking a basketball, his mind is becoming Michael Jordan dunking the basketball. Simply be observing, connections are being made in his brain that are getting him closer to developing that skill. What is at work in this scenario?
4. Hailey, Kailey, and Mareike are all locked in an escape room and have been there for over three weeks. Suddenly, Mareike knows exactly how to escape. In this scenario, Mareike has experienced what?
5. Mill loves to read and his favorite thing to read is the political newspaper ‘Democrats R Us.’ He reads this every day, and even has a unique user name on their website’s message board! To help inspire him to read more, his long time friend Bernie Sanders begins to pay him $3 for each article read. What is likely to begin to happen and why?
6. Mr. Bayne watches in the hallway between classes as students wander aimlessly. Worried that students do not know their way around the school, he does a test. He announces that he has placed a piece of cheese at the other end of the building. Suddenly, Harvey darts out of class and heads directly for the whereabouts of the cheese. Which would explain this concept, and how is a ‘cognitive map’ involved?
7. Narny has worked very hard in school, but has failed nearly every test. He tries on his homework, but still cannot achieve a passing score. Eventually, he quits doing work altogether. Despite the consequence of low grades, teacher scolding, and punishments at home, he is not doing anything academically. Which concept best explains this?
8. Jeremy has had a difficult life and hangs around people who are shoplifting on a daily basis. Recent interventions have informed have of all of the negative consequences involved in such activity; he has talked with officers, counselors, and so forth. However, he still continues to hang out with the same friends. Is he likely to commit these activities or not – and why?