

# What Is Classical Conditioning?

## Worksheet

Classical conditioning is a learning process discovered by Ivan Pavlov in which a neutral stimulus becomes associated with a meaningful (unconditioned) stimulus, so that it eventually triggers a similar response - a conditioned response - on its own.

## Questions

1. Which psychologist is credited with discovering classical conditioning?

- A) Ivan Pavlov
- B) B.F. Skinner
- C) Sigmund Freud
- D) Jean Piaget

2. In Pavlov's famous experiment, what does the bell represent after conditioning is complete?

- A) Unconditioned Stimulus (UCS)
- B) Unconditioned Response (UCR)
- C) Conditioned Stimulus (CS)
- D) Conditioned Response (CR)

3. What best describes 'extinction' in classical conditioning?

- A) The gradual weakening of the CR when the CS appears without the UCS
- B) A sudden, permanent loss of all learning
- C) The strengthening of the CR over time
- D) Generalizing the CR to new, similar stimuli

4. Which scenario best illustrates classical conditioning?

- A) A dog learns to sit because it gets a treat afterward
- B) A child develops a fear of dogs after being bitten by one
- C) A student studies harder after earning good grades
- D) A rat presses a lever to receive food

5. Pavlov rings a bell every time before feeding his dogs. After many trials, what happens when he rings the bell without food?

6. In the 'Little Albert' experiment, a loud noise is paired with a white rat until the child cries at the sight of the rat alone. Identify the UCS, UCR, CS and CR.

7. Every time you visit your grandmother's house, she bakes cookies, filling the house with a specific smell. Years later, that smell alone makes you feel happy. Explain using conditioning terms.

8. Define: What is an Unconditioned Stimulus (UCS)?

9. Define: What is an Unconditioned Response (UCR)?

10. Define: What is a Conditioned Stimulus (CS)?

## Answer Key

1. A) Ivan Pavlov - Ivan Pavlov discovered classical conditioning through his experiments on digestion in dogs.
2. C) Conditioned Stimulus (CS) - Once learning occurs, the previously neutral bell becomes the Conditioned Stimulus (CS).
3. A) The gradual weakening of the CR when the CS appears without the UCS - Extinction happens when the CS is no longer paired with the UCS, so the CR fades over repeated trials.
4. B) A child develops a fear of dogs after being bitten by one - An involuntary, learned association (bite fear) triggered by a previously neutral stimulus (dogs) is classic classical conditioning; the others describe operant conditioning.
5. Before: food (UCS) salivation (UCR); bell = neutral, no response Pairing: bell + food repeated together After: bell (CS) alone salivation (CR) The dog has learned to associate the bell with food.
6. UCS = loud noise (naturally causes fear) UCR = crying/fear in response to the noise CS = white rat (was neutral, now paired with noise) CR = crying/fear in response to the rat alone
7. UCS = grandmother's warmth/love and pleasant visits UCR = feeling of happiness during visits CS = the cookie smell (originally neutral) CR = feeling of happiness triggered by the smell alone
8. A stimulus that naturally and automatically triggers a response without any learning, e.g., food.
9. The natural, automatic reaction to the UCS, e.g., salivating at the sight of food.
10. A previously neutral stimulus that, after being paired with the UCS, triggers a learned response.

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