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PSY 101

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## Unit Four Questions

### Chapter Six

1. Instinct is unlearned knowledge involving complex patterns of behavior. Instincts are thoughts to be more prevalent in lower animals than in humans. Reflex is an unlearned automatic response by an organism to a stimulus in the environment. The difference between instinct and reflex is that instinct involves the activity of the body parts and system, such as the contractions of the pupil in bright light. Reflex is a motor or neural reaction to a specific environmental stimulation.

2. The four schedules of reinforcement:

Fixed interval schedule: reward every hour.

Variable interval schedule: reward after a changing/random amount of time passes.

Fixed ratio schedule: reward every five targeted behaviors.

Variable ratio schedules: reward after a randomly chosen instance of the target behavior.

11. The difference between a fixed interval reinforcement schedule and a fixed ratio reinforcement schedule is the Fixed interval schedule: reward every hour. A variable interval schedule: reward after a changing/random amount of time passes. A fixed ratio schedule: reward every five targeted behaviors. A variable ratio schedule: reward after a randomly chosen instance of the target behavior.

14. The operant conditioning approach is the Conditioning approach in which the target behavior is followed by reinforcement or punishment to either strengthen or weaken it. So that they will not exhibit the desired behavior in the future. Also, you have Stimulus timing (either reinforcement or punishment) when the stimulus occurs soon after the response.

17. Negative Punishment is when you take away something pleasant/desired, like taking away their cell phone (maybe this may be too drastic). In Positive Punishment, you add something unpleasant/aversive, like spanking the child.

## Chapter Seven

31. Cognitive Psychology is a field of psychology dedicated to studying every aspect of people's thinking. It attempts to explain how and why we think the way we do. And this is through studying the interaction among human thinking, emotion, creativity, language, and problem-solving.

33, The three problem-solving strategies are first trial and error: try different ways to solve the problem, such as turning off WIFI. Second is Algorithm's step-by-step problem-solving formula, for example, installing new software for your computer. And the third is the Heuristic, a general problem-solving framework, for example, working backward, breaking a task into steps.

37. Sensation and information are received by our brains, filtered through emotions and memories, and processed to become thoughtful. A technique used by our brains to organize information is the identification of prototypes. A prototype is the best example of a representation of a concept. For example, what comes to your mind when you think of a dog, is your early experience with a dog. Perhaps it could have been your pet.

41. Schema is a mental construct of a cluster or collection of related concepts. A role schema makes assumptions about the individual or an object in specific roles. For example, if you have been introduced to a firefighter, you will immediately assume the individual is brave and serve in the community.

57. For some reason, it brings me sadness, like I am grieving. In the past, my family had mental illness issues, including my sister, who was autistic. For some reason, many of my family came to me for mentorship and grew up as well-adjusted people. They were able to strive because they were able to trust someone to talk to. Here at the school, where it is served as a Christian school, some students are hurting, but because of their faith or values, they feel uneasy talking about their issues. So they will not have anyone to listen to them. A classmate spoke of losing her job and other matters but mentioned depression. How deeply will this affect your learning capabilities? As a Christian, what do you do? Where people may have some perception of you. I look forward to seeing many Christian counselors and psychologists who can be infused into the community and globally. To serve and be able to give grace, mercy, and understanding to reach those whom one day comes and strive to reach their full potential.