

Tessa Pearce

Professor Flavin

History of Psychology

7 April 2023

Test -Chapters 9,10 and 11

1. The story of Hans the Wonder horse is important because it highlights the danger of interpreting correlations as causation without ruling out alternative explanations.
2. Animal psychology played a significant role in the development of Behaviorism by providing a framework for the scientific study of behavior. The observation of animal behavior, particularly in controlled laboratory settings, led to the development of objective methods for measuring behavior and the identification of fundamental principles of learning, such as classical and operant conditioning. These principles were then applied to the study of human behavior, leading to the emergence of Behaviorism as a dominant psychological perspective in the early 20th century.
3. The work of Ivan Pavlov was important to the development of Psychology because he discovered the concept of Classical Conditioning, which became a fundamental principle of Behaviorism. His discovery led to the understanding that behavior can be learned and modified through environmental stimuli, which became a key focus of Behaviorism.
4. John Watson believed that the subject matter of Behaviorism should be observable behavior, rather than mental processes or subjective experiences.
5. Watson believed that thought processes, such as mental images and inner speech, were simply subvocal or covert forms of behavior, and could be explained in terms of stimulus-response associations. He rejected the idea of mentalistic constructs such as consciousness, and argued that all behavior, including thinking, could be explained in terms of observable stimuli and responses.

6. Tolman's purposive Behaviorism emphasized the role of purpose and cognition in behavior, and rejected the strict stimulus-response model of Behaviorism. His theory consisted of three main elements:
 - Purposive behavior: Behavior is goal-directed and purposive. Individuals have specific goals and motivations that guide their behavior.
 - Cognitive maps: Individuals form mental representations of their environment, or cognitive maps, that help them navigate and achieve their goals.
 - Latent learning: Learning can occur without an immediate change in behavior. Tolman believed that animals can learn from experience and form cognitive maps without demonstrating overt behavior, and that this learning can be expressed at a later time when it becomes relevant to achieving a goal.
7. Both Skinner's and Watson's Behaviorism emphasized the role of the environment in shaping behavior, and both rejected the idea of introspection and mental states as valid topics of scientific inquiry.
8. Skinner's Behaviorism differed from Pavlovian conditioning in several ways. While Pavlovian conditioning focused on involuntary responses, Skinner's Behaviorism was focused on voluntary behaviors that were shaped by the environment. Skinner introduced the concept of Operant Conditioning, which is based on the idea that behavior can be modified by reinforcement and punishment. In Operant Conditioning, behaviors are more likely to be repeated if they are followed by a positive consequence (reinforcement) and less likely to be repeated if they are followed by a negative consequence (punishment). Skinner also believed that behavior was shaped not only by external factors but also by internal thoughts and feelings, which he referred to as private events.
9. Bandura's Social Cognitive Theory focuses on the reciprocal interaction between an individual's behavior, personal factors, and environmental factors. It emphasizes the role of observational learning, self-efficacy, and self-regulation in shaping behavior.
10. Self-efficacy refers to the belief in one's ability to accomplish a task or achieve a goal. High self-efficacy is associated with confidence and motivation to pursue goals, while low self-efficacy can lead to feelings of anxiety, helplessness, and reduced effort in the face of challenges. People with high self-efficacy are more likely to set challenging goals and persist in the face of obstacles, while those with low self-efficacy may avoid challenging tasks and give up more easily.

