

Classical Conditioning

The **US (unconditioned stimulus)** is the stimulus that **automatically** triggers a bodily response or emotional reaction.

The **UR (unconditioned response)** is the response the UCS triggers.

No learning is required for the US-->UR.

If some neutral stimulus is present before or during the US, it can become "associated" with the US and become a **CS (conditioned stimulus)** and can come to trigger a similar response. When the response is triggered by the CS (rather than the US), then the response is called a **CR (conditioned response)**.

This response shows that learning (conditioning) has occurred.

A. Identify the US, UR, CS and CR in the following situations.

1. While you were taking your shower, someone flushed a nearby toilet. Your comfy shower turned so scalding hot that you had to jump out of the stream of water. Now whenever you hear a flush while you are showering, you jump out of the way.

US _____ UR _____

CS _____ CR _____

2. People receiving chemotherapy often vomit during or shortly after the procedure. After several chemotherapy sessions, they begin feeling sick as soon as they enter the treatment room.

US _____ UR _____

CS _____ CR _____

3. Eating Halloween candy always makes your mouth water, as long as your little brother doesn't find it first. To guarantee you do get to eat your candy, you hide it in your zippered backpack in your closet. Now just the sound of unzipping the backpack makes your mouth water.

US _____ UR _____

CS _____ CR _____

4. Not-so-clever Margo drank *many* shots of lemon vodka and the alcohol made her really sick. The next day she popped a lemon candy in her mouth, but immediately had to spit it out because it made her feel so nauseated.

US _____ UR _____

CS _____ CR _____

5. You and your best friend have been friends for many years. She just recently moved away. You grew up playing your favorite CD. Now just hearing that music makes you feel sad.

US _____

UR _____

CS _____

CR _____

6. Mike cried after receiving a painful vaccination from a nurse in a white jacket. The next week his mother couldn't understand why Mike burst out in tears when the barber (in a white jacket) welcomed them to his shop.

US _____

UR _____

CS _____

CR _____

B. Describe some conditioned (learned) fear or anxiety response or conditioned(learned) bodily reaction YOU experience to some stimulus, which only developed (or was learned) *after* some life experience.
