

## AP Psychology

### Unit 5: States of Consciousness

---

1. Define discrimination in classical conditioning. Then, describe how a researcher would teach an animal to discriminate between relevant and irrelevant stimuli. Use classical conditioning terms in your response.
2. How is operant conditioning different from classical conditioning? Describe these differences in your own words.
3. In what way are the principles of operant conditioning illustrated in the use of biofeedback to train people to reduce stress?
4. How does problem-focused coping differ from emotion-focused coping? Provide a specific example and explain how each can impact individuals in different ways.
5. What are mirror neurons and how do they work? What is their significance in life?

#### **Key Terms And Concepts**

learning  
habituation  
associative learning  
stimulus  
cognitive learning  
classical conditioning  
behaviorism  
neutral stimulus (NS)  
unconditioned response (UR)  
unconditioned stimulus (US)  
conditioned response (CR)  
conditioned stimulus (CS)  
acquisition  
higher-order conditioning  
extinction  
spontaneous recovery  
generalization  
discrimination  
operant conditioning  
law of effect  
operant chamber  
reinforcement  
shaping  
discriminative stimulus  
positive reinforcement  
negative reinforcement  
primary reinforcer  
conditioned reinforcer  
reinforcement schedule  
continuous reinforcement  
partial (intermittent)  
    reinforcement  
fixed-ratio schedule  
variable-ratio schedule  
fixed-interval schedule  
variable-interval schedule  
punishment  
biofeedback  
respondent behavior  
operant behavior  
cognitive map  
latent learning  
insight  
intrinsic motivation  
extrinsic motivation  
coping  
problem-focused coping  
emotion-focused coping  
learned helplessness  
external locus of control  
internal locus of control  
self-control  
observational learning  
modeling  
mirror neurons  
prosocial behavior