

# Classical conditioning assignment

Psychology



**ASSIGN  
BUSTER**

I consider classical conditioning to be very important because it's such an efficient way of teaching, training or conditioning people or animals, especially children. Classical conditioning could be used for psychological distress like phobias. For example, Mary Cover Jones put a child with a fear of rabbits in a room with the rabbit far away. Then she gave him his favorite food and put the rabbit closer.

Associating the pleasure of food with the feared object made him no longer scared of rabbits. This applies to my life because my mom used this method when she raised me. I was scared of riding my bike because I fell off it once. So every time I attempted peddling she would give me a dollar. Finally she put 5 dollars all way down the street and told me to bike there and get it; making me lose my phobia of bikes. The second concept I find important are mnemonic devices. Mnemonic devices are 'tricks' to help with memorization. Mnemonic devices include rhymes, songs and acronyms.

I have used mnemonic devices throughout my childhood years and throughout school. They've helped me tremendously; which is why I find them to be so important to young, learning kids. Some examples are... 'Please Excuse My Dear Aunt Sally' standing for PAMPAS to help kids remember the order of operations. Or... "King Henry Died Drinking Chocolate Milk" which is used to remember the order from largest to smallest: Kilo, Hecto, Deca, Deca Cent, & Mill. Retrieval is the last most important concept that I've learned in the doodle.

Have you ever had that moment when something on the tip of your tongue but you can't quite remember? That happens when retrieval has been

disrupted. Retention is the maintenance of memory. You prove retention by retrieving information previously learned on a later date. Retention includes the ability to recall, recognize, and relearning information. This applies to my life when study. It is so important to retrieve information in your brain when you need it otherwise it is just useless information stored in your brain.