

# Reflection essay on psychology

[Science](#)



**ASSIGN  
BUSTER**

Distinguish between operant conditioning, observational learning, and social learning. How are these different kinds of learning utilized in the work place? Give specific examples for each one. I think an example of a voluntary unpleasant consequence in a work place could be if you are getting yelled at by someone and you think before you speak and still decide it would be okay to yell back. They watch what people do and if they get into trouble, they don't do what that person did.

But if that person stays out of trouble and gets praised, you would want to do the same things they are doing. Social learning is also learning by observation but it has more emotion and behavior. You might see how your co-workers or bosses react to their responsibilities and if they react negatively you might act the same way if you have to do those duties.

2. )How is prejudice developed and nurtured through classical and operant conditioning? Give specific examples that demonstrate each kind of learning.

Classical conditioning is involuntary responses and operant conditioning is voluntary but we are rewarded or punished for our behavior. Classical: You could be overhearing people talk bad about someone and automatically think those people are not the type you would want to be friends with since they are talking bad about someone. Or you can just hear rumors about someone and automatically not like that person.

3. )You are scheduled to present the results of your work on creating a new software program for your company. What memory techniques will you use in order to be free of too much dependence on notes and PowerPoint slides?

Be specific as to how you will relate the technique to the content of the presentation.

4. )Name and describe the three qualities of emotional intelligence according to Goleman. If you were interviewing applicants for a position in your company and wanted to know whether they had emotional intelligence, how would you go about discovering that? Would you do that in an interview or by some other means?