

HANDOUT 1a

For each example, identify the unconditioned stimulus, unconditioned response, conditioned stimulus, and conditioned response.

1. While Omar was having a cavity filled by his dentist, a few times the drill hit a nerve that had not been dulled by anesthetic. Each time he cringed in pain. Omar now gets anxious each time he sees the dentist.

Unconditioned Stimulus _____

Unconditioned Response _____

Conditioned Stimulus _____

Conditioned Response _____

2. Maria eats fried chicken that has E. coli in it and ends up vomiting for hours that night. Luckily, she recovers within a day, but now just the thought (or the sight or the smell) of fried chicken makes her nauseated.

Unconditioned Stimulus _____

Unconditioned Response _____

Conditioned Stimulus _____

Conditioned Response _____

3. At a football game, every time the home team scores a touchdown, the person behind you blasts an air horn near your ears causing you to wince. Unfortunately for you, the home team scores frequently. As the end of the game nears, the home team scores a touchdown, and even though the inconsiderate fan behind you has left, you still wince.

Unconditioned Stimulus _____

Unconditioned Response _____

Conditioned Stimulus _____

Conditioned Response _____

4. Duy has been humiliated in the past for doing poorly on tests. When that has happened, he would get so upset he would shake. Now when presented with a test, he begins to shake.

Unconditioned Stimulus _____

Unconditioned Response _____

Conditioned Stimulus _____

Conditioned Response _____

5. Joseph has a fluffy down pillow with some of the down sticking out of the fabric. When he first tries out the pillow, a piece of down tickles his nose and he sneezes. He now sneezes every time he lays down on any kind of pillow.

Unconditioned Stimulus _____

Unconditioned Response _____

Conditioned Stimulus _____

Conditioned Response _____

HANDOUT 1a (*continued*)

6. It is springtime and the pollen from the flowers causes you to sneeze. Soon you are sneezing at the mere sight of a flower, real or fake.

Unconditioned Stimulus _____

Unconditioned Response _____

Conditioned Stimulus _____

Conditioned Response _____

7. You ride a roller coaster and get sick afterward. Now, whenever you are near a roller coaster, you feel queasy.

Unconditioned Stimulus _____

Unconditioned Response _____

Conditioned Stimulus _____

Conditioned Response _____

8. Your relationship is going badly and your significant other has yelled at you without warning several times. You now feel tense and fearful any time that you are around him or her.

Unconditioned Stimulus _____

Unconditioned Response _____

Conditioned Stimulus _____

Conditioned Response _____

HANDOUT 1b

For each example, identify the unconditioned stimulus, unconditioned response, conditioned stimulus, and conditioned response.

1. Every night Jasmine comes home from an exhausting day at work, sits down in front of the television, and falls asleep. One Friday night she invites a friend over to watch a movie. Just a few minutes into it, Jasmine is asleep.

Unconditioned Stimulus _____

Unconditioned Response _____

Conditioned Stimulus _____

Conditioned Response _____

2. Carlos just got a new puppy, Bowser. Every morning, Carlos walks to the back door, takes Bowser's leash off the hook, and says, "Want to go for a walk?" After leashing Bowser, they take a 30-minute stroll around the neighborhood. After just a couple weeks, any time Carlos goes near the leash, Bowser gets excited.

Unconditioned Stimulus _____

Unconditioned Response _____

Conditioned Stimulus _____

Conditioned Response _____

3. One day at the off-leash dog park, a Great Dane, just wanting to play, pounces on Bowser a little too hard, causing Bowser to yelp in fear. Now any time Bowser spots a really big dog, he crouches in fear.

Unconditioned Stimulus _____

Unconditioned Response _____

Conditioned Stimulus _____

Conditioned Response _____

4. Carmelia is newly in love. She programs a specific ringtone into her phone for this special person. Whenever that person calls, her heart pounds with excitement. Now all it takes is hearing that ringtone, on her phone or someone else's phone, for her to quiver with excitement.

Unconditioned Stimulus _____

Unconditioned Response _____

Conditioned Stimulus _____

Conditioned Response _____

5. Carmelia is no longer in love. In fact, she and that special person have just gone through a horrific break-up, which has left her feeling very angry. Even though she has deleted the ringtone from her phone, she occasionally hears it on others' phones. Whenever she does, her heart pounds in anger.

Unconditioned Stimulus _____

Unconditioned Response _____

Conditioned Stimulus _____

Conditioned Response _____

HANDOUT 1b (*continued*)

6. Jamal's grandmother bakes the best chocolate chip cookies. Ever since he was a young child, he would smell the baking cookies, be given one that had been out of the oven for just a few minutes, producing the expected saliva. Now whenever Jamal smells chocolate chip cookies, he salivates.

Unconditioned Stimulus _____

Unconditioned Response _____

Conditioned Stimulus _____

Conditioned Response _____

7. Svetlana hears a siren, looks in her rearview mirror at the flashing lights of a police car, and pulls over. This is the first time she has ever been pulled over, and she is shaking with nervousness. She was going just a little over the speed limit and gets a warning to slow down. Now whenever Svetlana is driving and she hears a siren and sees flashing lights behind her, she begins shaking.

Unconditioned Stimulus _____

Unconditioned Response _____

Conditioned Stimulus _____

Conditioned Response _____

8. Unfortunately Svetlana's driving woes continued. One day another driver ran a stop sign and crunched into the side of her car. Fortunately she wasn't injured, but the accident badly scared her. Now whenever she approaches that particular intersection, she feels a little scared.

Unconditioned Stimulus _____

Unconditioned Response _____

Conditioned Stimulus _____

Conditioned Response _____

HANDOUT 2

For each example, identify the unconditioned stimulus, unconditioned response, conditioned stimulus, and conditioned response.

1. In 2004 Ken Jennings won \$2.5 million from a 74-game *Jeopardy!* winning streak. When he hears the theme music from the show, he tenses up.

Unconditioned Stimulus _____

Unconditioned Response _____

Conditioned Stimulus _____

Conditioned Response _____

Hill, E. (2012, August 12). Ken Jennings talks 'Jeopardy!' and his lifelong love of trivia. Retrieved October 11, 2014, from parade.condenast.com/98322/erinhill/12-ken-jennings-love-of-trivia-kennections.

2. When he was 5-years-old, Attis Clopton fell into a creek, went under water, and was rescued by his cousin. Four years later, he brashly jumped into a pool. Unfortunately, he didn't know how to swim. He thought he was drowning, but then discovered he was in the shallow end and could stand up. With that, his fear of water was complete. He couldn't even put his face under the shower spray without feeling panicked.

Unconditioned Stimulus _____

Unconditioned Response _____

Conditioned Stimulus _____

Conditioned Response _____

Kleinfield, N. R. (2014, August 29). A New Yorker faces his phobia, one stroke at a time. Retrieved October 11, 2014, from www.nytimes.com/2014/08/30/nyregion/with-intensive-swim-lessons-a-man-attacks-his-fear-of-water.html.

3. In 1971, an estimated 20 percent of American military personnel fighting in Vietnam was addicted to heroin. Those who were addicted stayed in Vietnam for treatment until their heroin dependence was gone. Once they returned to the States, how many would stay away from heroin in that first year? About 95 percent. How were so many able to stay clean? Vietnam is a very different environment from the United States. The soldiers associated the environment of Vietnam with heroin use so that Vietnam created a craving for the drug. Back home, the cues for heroin weren't there, so there was no craving.

Unconditioned Stimulus _____

Unconditioned Response _____

Conditioned Stimulus _____

Conditioned Response _____

Spiegel, A. (2012, January 2). What Vietnam taught us about breaking bad habits. Retrieved October 11, 2014, from www.npr.org/blogs/health/2012/01/02/144431794/what-vietnam-taught-us-about-breaking-bad-habits.

4. If you get several relaxing massages with a lavender-scented oil, eventually just the smell of lavender will be enough to make you relaxed.

Unconditioned Stimulus _____

Unconditioned Response _____

Conditioned Stimulus _____

Conditioned Response _____

Kaufman, W. (2004, November 7). Turning scents into dollars. Retrieved October 11, 2014, from www.npr.org/templates/story/story.php?storyId=4157119.