# PSY 211 Module Three Activity Template

In the Module Three Activity Guidelines and Rubric, review the Overview and Prompt sections. Then answer each of the following questions with a minimum of 2 to 5 sentences. Complete this template by replacing the bracketed text with the relevant information.

* Describe a specific behavior that you **learned** in response to an external stimulus. Address the following in your response:
	+ What external stimulus affected your behavior?
	+ Were you aware that your behavior was being influenced by the stimulus? If so, how did you know?

[Insert text.]

* Explain whether the **conditioned behavior** waspositive or negative.
	+ If positive, in what ways can you continue to reinforce this behavior?
	+ If negative, what are some steps you can take to change this behavior?

 [Insert text.]

* Describe a specific behavior that you changed in **response** to an external stimulus. Address the following in your response:
	+ What external stimulus affected your behavior?
	+ Were you aware that your behavior was being influenced by the stimulus? If so, how did you know?

 [Insert text.]

* Explain whether the **change in behavior** was positive or negative.
	+ If positive, in what ways can you continue to reinforce this behavior?
	+ If negative, and if it is something that you would like to change again, what are some steps you can take to change this behavior?

 [Insert text.]

* Explain why one of the behaviors described above is an **example** of classical conditioning (Watson), operant conditioning (Skinner), or neither of these. Address the following in your response:
	+ If one of the above types of conditioning applies to your example, which specific features helped you to identify it?
	+ Explain why this type of conditioning is most effective in learning or changing this behavior.
	+ If neither type of conditioning applies to the behavior, why is this the case? Explain your response in terms of specific conditioning features (e.g., stimulus, response, association) or inherent aspects of the behavior itself.

 [Insert text.]