

National Institute of Open Schooling
Senior Secondary
Lesson 06 – Learning process and acquiring skills
Worksheet-06

1. Reflect upon your daily routine. Identify the habits and tasks that are learning based.
2. Using your daily habits and tasks as an example, explain the nature of the learning process.
3. In your opinion, is learning possible without growth and maturation? Justify your answer.
4. Based on your understanding, prepare a diagram/flowchart explaining Pavlov's classical conditioning experiment. Identify at least two classical conditioning examples from your daily routine.
5. Take gambling as an undesirable response which has to be reduced. In this situation, explain how these two factors will come into play –
 - a. Extinction
 - b. spontaneous recovery
6. Identify situations from your, where you were reinforced (positive and negative reinforcement) and explain how it influenced your behavior.
7. Compare classical conditioning to operant conditioning and prepare a list of differences and similarities between both.
8. Identify the examples for the given below and explain:
 - a. Skill learning
 - b. Verbal learning
 - c. Concept learning
 - d. Social Learning
9. Learning is not always easy, for e.g. when examination is around, we face a lot of problems in learning the content. Explain at least six factors that influence learning.
10. Write a comparison between preparedness for learning and transfer of learning. Provide suitable examples for both.