

- **Option 1:** What does it mean when you have learned something? Identify and describe an example of something you have learned recently using either the principles of classical conditioning, operant conditioning or observational learning/social-cognitive learning. Ensure that you describe your example using the appropriate terminology associated with each learning theory.

Hello Class,

For me, learning means that you have either witnessed something new, or knowing something that you have no knowledge beforehand. "Learning is defined as the increase, through experience, of the ability to gain goals in spite of obstacles" (Washburne, 1936). At age of 33, I learned one thing from my 20's are the things that I should not be doing, from smoking and alcohol consumption, which pretty much defines your lifestyle in the military, to handling your finances. What I learned recently is how to properly handle my finances, I was accustomed to