

## Week 3 Discussion: Learning & Memory

### Required Resources

Read/review the following resources for this activity:

- Textbook: Chapter 6, 7, 8, 9
- Lesson

### Initial Post Instructions

For the initial post, respond to one of the following options, and label the beginning of your post indicating either Option 1 or Option 2:

**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.

**Option 2:** Memory is a complex concept, why can we remember every word to a song we heard 10 years ago, but can't remember why we walked into the kitchen less than 5 minutes ago? Why do we forget certain information, but remember others? Briefly describe a recent situation in which you forgot something important, referencing one of the theories of forgetting. What techniques could you have used to avoid forgetting this information?

Hello Class and Professor,

I chose to do my post on the following option:

- **Option 2: Memory is a complex concept, why can we remember every word to a song we heard 10 years ago, but can't remember why we walked into the kitchen less than 5 minutes ago? Why do we forget certain information, but remember others? Briefly describe a recent situation in which you forgot something important, referencing one of the theories of forgetting. What techniques could you have used to avoid forgetting this information?**