Learning

- Positive Psychology
  - Character Strengths
    - Wisdom — 智
    - Courage — 勇
    - Humanity — 仁
    - Justice — 义
    - Temperance — 节 — 自律/节制
    - Transcendence — 信
      - 神性
      - e.g. 认为人死后灵魂仍然存在
- Terms
  - Social learning theory
    - Albert Bendura Bobo doll experiment
    - children copying what they saw
  - Mirror neuron
    - neuron that copies others behavior unconsciously
  - Cognitive map
    - map in mind
  - latent learning
    - learning unconsciously
  - insight
    - εὕρηκα moment
  - Motivation
    - 为什么我要做一件事？是为了我自己好（intrinsic）还是为了获得奖励（extrinsic）
  - Locus of Control
    - 谁控制我的命运
  - Learned helplessness
    - Why bother trying? Nuthin' makes things better
  - Coping
    - Positive Coping
      - e.g., music, sports, sleep
    - Negative Coping
      - e.g. drug, cutting
    - Problem-focused coping
      - room is messy 👉 clean room
    - emotion-focused coping
      - broke up 👉 talk to friend
  - Tend and Befriend theory 照料与结盟理论
    - 在面对威胁时，尤其是女性，更可能选择照顾他人 = tend和寻求社会联系 = befriend，而不是像 fight or flight 那样直接对抗或逃离。
    - feels better by helping others
  - Pro-social behavior 亲社会行为
    - helping strangers voluntarily
- Classical Conditioning
  - 训练前
    - Neutral Stimulus — 在巴普洛夫和狗的实验中，训练前的哨声就是 NS = 不流口水
    - Unconditioned Stimulus — 训练前的食物 = 流口水
    - Unconditioned Response — 非条件反射，本能的反射。小狗天生会对食物流口水
  - 训练后
    - Conditioned Stimulus — 哨声 = 流口水
    - Conditioned Response — 习得来的行为，eg 哨声 👉 流口水
  - One-trial learning
    - 一次就习得了conditioning
    - 比如「一朝被蛇咬，十年怕井绳」snake phobia
  - higher-order conditioning
    - 食物 = 流口水
    - 食物+哨子=流口水
    - 训练 哨子+铃铛
    - 哨子+铃铛 = 流口水
  - extinction — 如果长时间吹哨子不给吃的，哨声=流口水这个conditioned stimulus就会消失
  - spontaneous recovery — extinction之后（一段时间不接触刺激）再次呈现条件刺激时，原来的条件反应又突然出现
  - generalization — 使用哨子训练，对于类似的声音（比如铃声）也有反应
  - discrimination — 使用一个哨子训练，对另一个哨子就不反应
  - biological preparedness — 刻在DNA里的害怕。人对于危险的事物（蜘蛛、蛇）更有可能被训练成反应
- Operant Conditioning
  - Law of effect — 好结果 → 行为强化
坏结果 → 行为削弱
  - Shaping — 通过奖惩制度使你要训练的人的行为更接近你想要的效果
  - Reinforcement / Punishment
    - Reinforcement
      - Positive Reinforcement — 奖励，给更多好东西
      - Negative Reinforcement — 奖励，减少惩罚
    - Punishment
      - Positive Punishment — 惩罚，增加惩罚
      - Negative Punishment — 惩罚，减少奖励
  - Primary Reinforcer — 和生存/基本需求相关的建立。比如给予食物、水作为奖励
  - Reinforcement schedule
    - Fixed / variable ratio — 计次
    - Fixed / variable ratio — 计时