



# Introduction to Learning and Behavior

By Russell A. Powell, P. Lynne Honey, Diane G. Symbaluk

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Offering a variety of innovative teaching tools, INTRODUCTION TO LEARNING AND BEHAVIOR, 5th Edition provides a clear introduction to the principles of learning and behavior. Designed to strike a balance between basic principles and their practical application, it provides an engaging outline of the behavioral approach to psychology and its relevance for understanding and improving the world we live in. This edition includes a new emphasis on behavior self-management -- including an appendix on tactics of behavior self-management as well as ""Study Tip"" boxes advising students on a range of study behavior issues, from how to best read a textbook to the use of stimulus control procedures to increase concentration and reduce procrastination. Instructors who include self-management projects as a course assignment may particularly appreciate this material. As with past editions, numerous opportunities for review and self-testing help students maximize their understanding and retention.

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**Bibliography**

- Sales Rank: #292120 in eBooks
- Published on: 2016-01-05
- Released on: 2016-01-05
- Format: Kindle eBook



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## **Editorial Review**

### **Review**

"With each iteration, it seems to be more complete. . . . I very much like the somewhat informal writing style; I think that really resonates with the students (I know it resonates with me)."

"The contents match my course goals exceptionally well, which is why I have used this text for many years. No content is insufficiently represented; none are superfluous. The book is both balanced and the right length. . . . The writing is clear, examples are useful, and the focus is behavioral and not some neuro-cognitive-behavioral hybrid. Several features are integrated into the chapters, making the text user-friendly."

"I have not found any book that comes close to the usefulness of this book"

### **About the Author**

Dr. Russell Powell earned his Ph.D. in psychology under the late Frank Epling and David Pierce at the University of Alberta. As a long-standing faculty member at MacEwan University in Edmonton, Alberta, he has taught classes in learning and behavior for over 30 years using a variety of behaviorally inspired formats. He has published and conducted research in a wide range of areas, including operant conditioning, social psychology, sleep and dreams (especially nightmares), self-regulation, and history of psychology. Most recently, he helped identify the individual believed to have been Little Albert, the infant in whom Watson and Rayner (1920) attempted to condition a phobia of furry animals (American Psychologist; Powell, Digdon, Harris, and Smithson, 2014).

Lynne Honey -- a self-described "evolutionary behaviorist" -- completed a Ph.D. in experimental psychology in Jeff Galef's lab at McMaster University, studying the role of social learning on alcohol consumption in rats. She has published a number of papers on this topic and considers social learning to be one of the most powerful adaptations available to our species and others. Dr. Honey joined the Department of Psychology at MacEwan University in 2003 because of its focus on teaching and student engagement. She currently conducts research on human social behavior in an evolutionary context, including studies of social dominance, and the influence of personality traits on social behaviors. She also studies the effectiveness of various teaching methods, including peer-review and various uses of technology for learning, and has won an award for innovation in teaching.

Diane Symbaluk received her Ph.D. in Sociology from the University of Alberta in 1997, with a specialization in criminology and social psychology. She joined MacEwan University in 1996 in order to pursue her joint passion for teaching and research mentorship. She has taught courses in a variety of areas including social psychology, criminology, statistics, and research methods. She is presently the faculty advisor for MacEwan University's Community-Based Sociology Project, a supervised student-led research program. Her extensive list of publications includes textbooks, journal articles, and more than forty pedagogical resources (e.g., study guides, test banks, instructor manuals, and online resources). A distinguished teaching award winner, Diane is currently conducting research on published student ratings of instruction and character strengths of award-winning instructors.

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