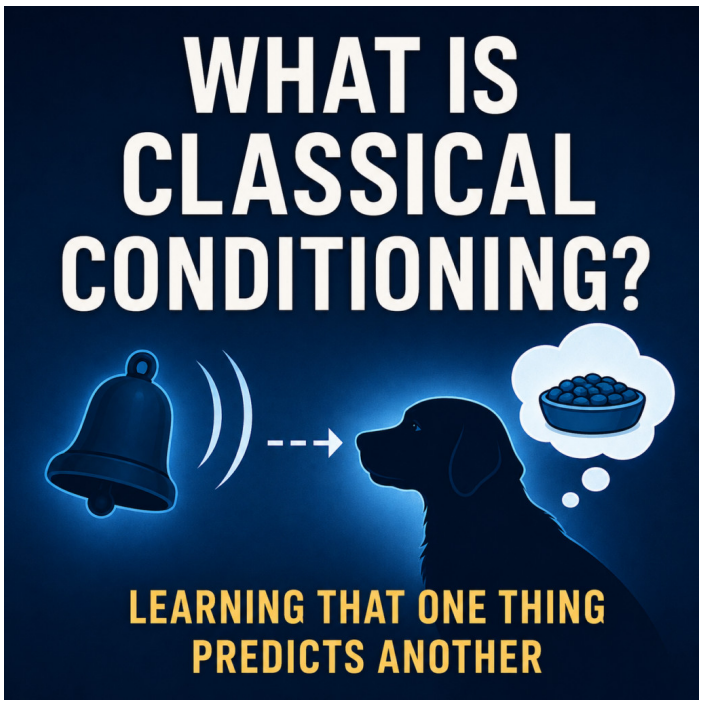
Course introduction

This course is intended to establish the foundations of knowledge in order to provide an individual with fundamentally sound ways of understanding how they makes judgements and decisions.



Suggested learning route

This course contains 3 learning articles in one suggested learning stage at Level 1.1. The material is presented in the course author's suggested order. This route is optional rather than compulsory. All course pages remain visible throughout, and you are encouraged to explore what interests you, follow your curiosity, and follow your joy through the learning experience.

Understanding the learning levels

Level 1 - Entry
Accessible foundational material intended to introduce ideas, terminology and basic relationships.

Level 2 - Mature
Material that expects a broader conceptual vocabulary and greater independence in following an argument.

Level 3 - Advanced
More demanding material involving complex relationships, competing interpretations and deeper analysis.

Level 4 - Mastery
Material for readers comfortable integrating several advanced perspectives and examining them critically.

Level 5 - Deep Researcher
Exploratory and research-level material that may engage unresolved questions, emerging theory and highly complex synthesis.

Course Modules

What is Classical Conditioning?

Level 1.1

This article explains Pavlov's Classical Conditioning, and uses his dog-training analogy to introduce the theory, before explaining the differences when applied to people.

Read online: https://self-transcendence.org/what-is-classical-conditioning

What is Operant Conditioning?

Level 1.1

This article introduces operant conditioning, a key part of our basic understanding of human behaviour and learning.

Read online: https://self-transcendence.org/what-is-operant-conditioning