

CLASS – 11

PSYCHOLOGY

Chapter – 5

Learning

Part – 6

Skill Learning

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1. Meaning of Learning

2. Classical Conditioning

3. Operant Conditioning

4. Key learning Processes

5. Observational Learning

6. Cognitive Learning

7. Verbal Learning

8. Skill Learning

9. Factors that Facilitate Learning

10. Learning Disabilities

SKILL LEARNING

What is Skill Learning?

- ▮ Skill learning refers to the process of learning activities that involve both **mental** and **motor** components and result in the acquisition of new abilities or improvement in performance of tasks.



- It is **goal-directed**, often involves practice, and leads to efficient, smooth, and accurate performance.

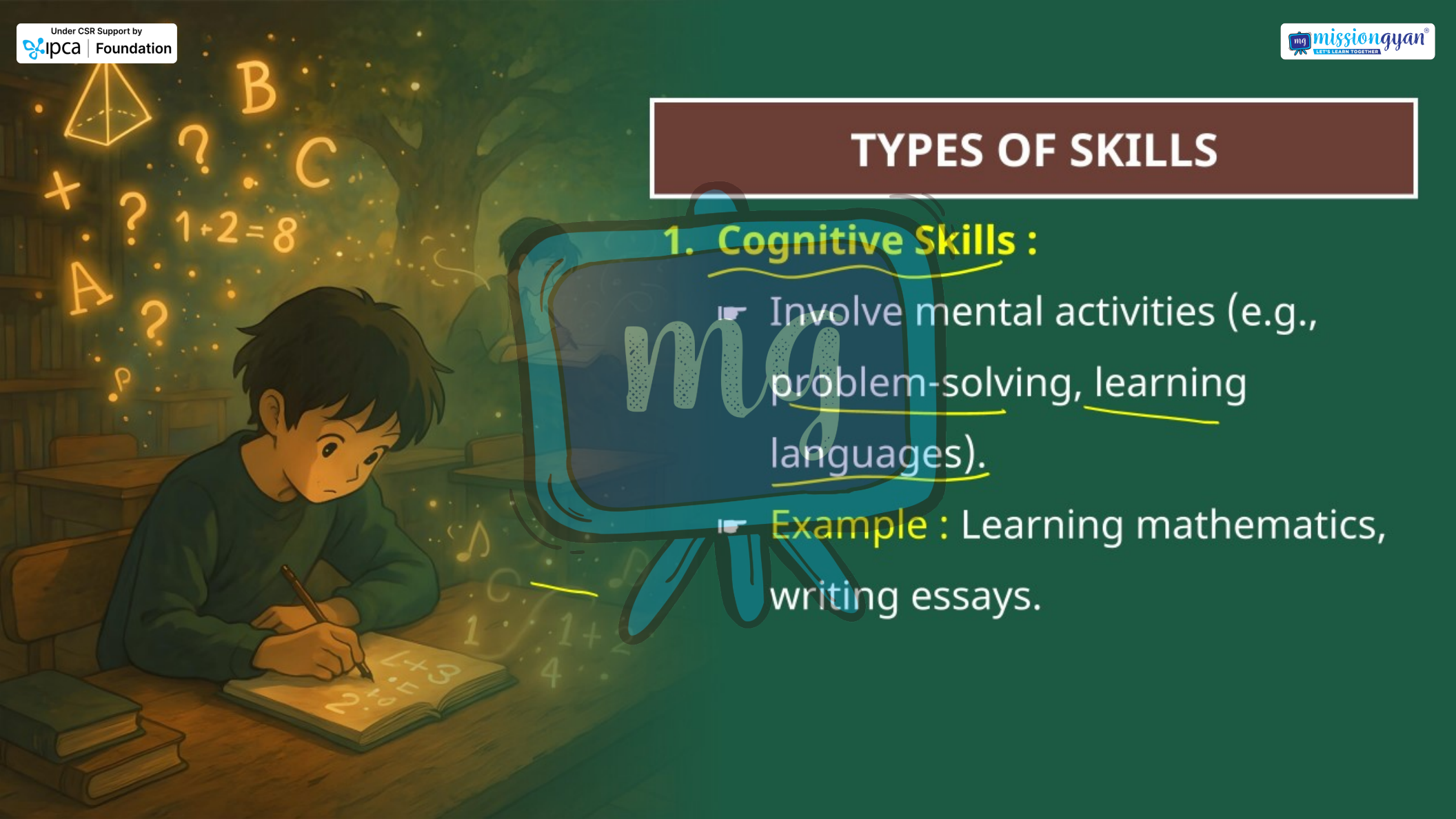


TYPES OF SKILLS

1. Cognitive Skills :

- ▮ Involve mental activities (e.g., problem-solving, learning languages).

- ▮ **Example :** Learning mathematics, writing essays.



2. Motor Skills :

Involve physical movement and coordination.

Example : Riding a bicycle, swimming, dancing.



3. Perceptual Skills :

Involve interpreting sensory input
(visual, auditory, etc.) to act
accordingly.

Example : A musician recognizing a
wrong note.



STAGES OF SKILL LEARNING (FITTS AND POSNER'S MODEL)

Skill learning occurs in three stages:

1. Cognitive Stage :

- ▮ Learner tries to understand the task.
- ▮ High level of conscious effort.
- ▮ Errors are frequent.
- ▮ Performance is inconsistent.



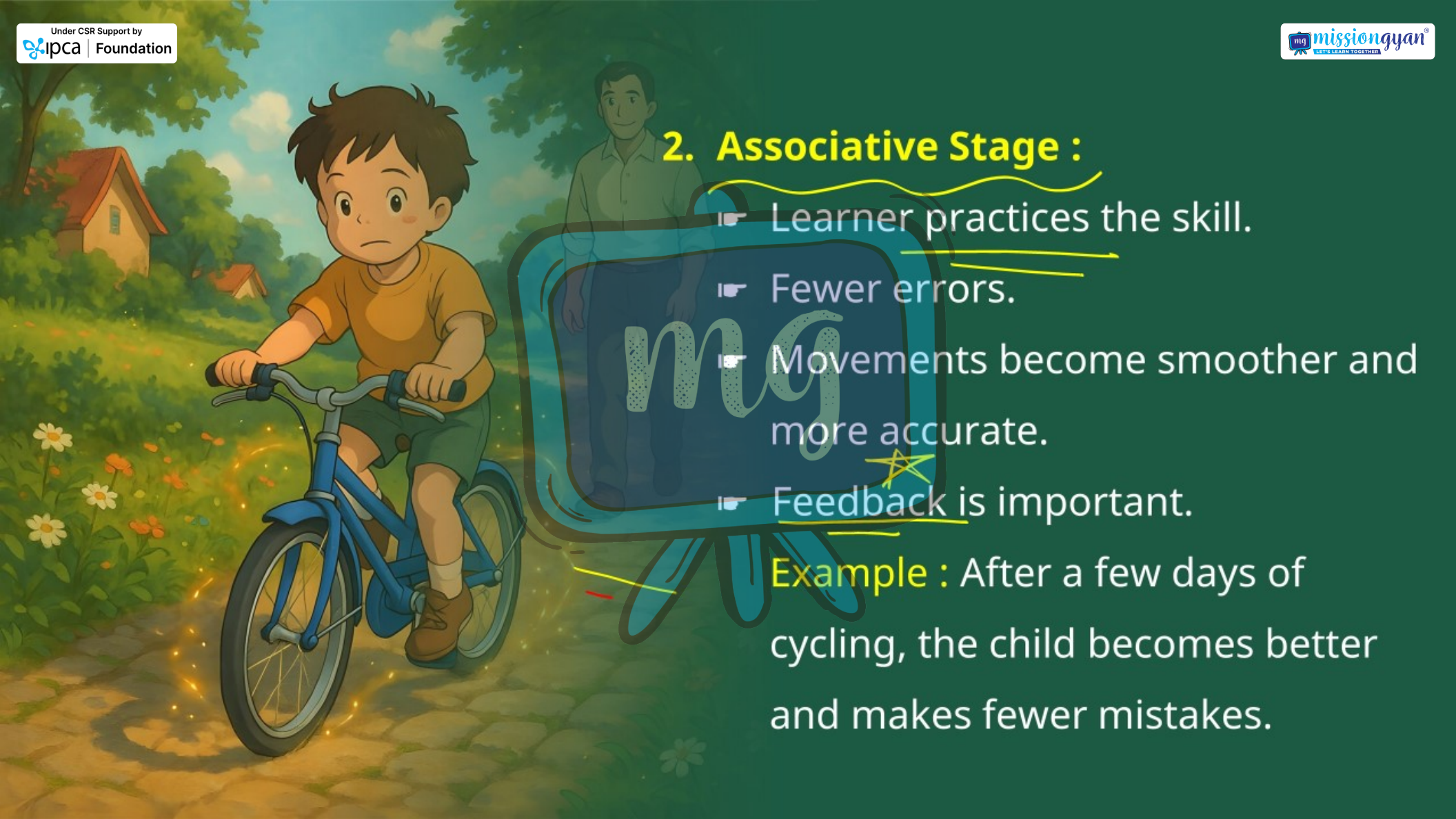
Example : A child learning to ride a cycle and trying to understand how to balance.



2. Associative Stage :

- ▮ Learner practices the skill.
- ▮ Fewer errors.
- ▮ Movements become smoother and more accurate.
- ▮ Feedback is important.

Example : After a few days of cycling, the child becomes better and makes fewer mistakes.



3. Autonomous Stage :

- ▮ Skill becomes automatic.
- ▮ Very little conscious effort is required.
- ▮ Performance is accurate and efficient.

Example : An adult who cycles effortlessly without thinking about balance.



FACTORS INFLUENCING SKILL LEARNING

1. Practice :

- ▮ Repeated efforts improve proficiency.
- ▮ "Practice makes perfect" is key in skill learning.

2. Motivation :

- Internal desire to learn enhances performance.

DRIVE

3. Feedback :

- Helps correct errors and improve performance.
- Can be intrinsic (self-feedback) or extrinsic (from others).

4. Mental Rehearsal :

- Visualizing or imagining the task can aid learning.

5. Individual Differences ;

- Personality, aptitude, and physical abilities affect how quickly someone learns a skill.

6. Task Complexity :

- Simpler tasks are learned faster;
complex tasks need more time
and practice. *Consistent*



ROLE OF FEEDBACK IN SKILL LEARNING

- Positive Feedback strengthens correct responses.
- Negative Feedback helps in identifying errors.
- Effective feedback should be:

Timely

Specific

Constructive

TRANSFER OF LEARNING

When learning one skill influences the learning of another skill:

1. **Positive Transfer** : Helps in learning a new skill.

Example : Learning to skate helps in skiing.



PERFORMANCE

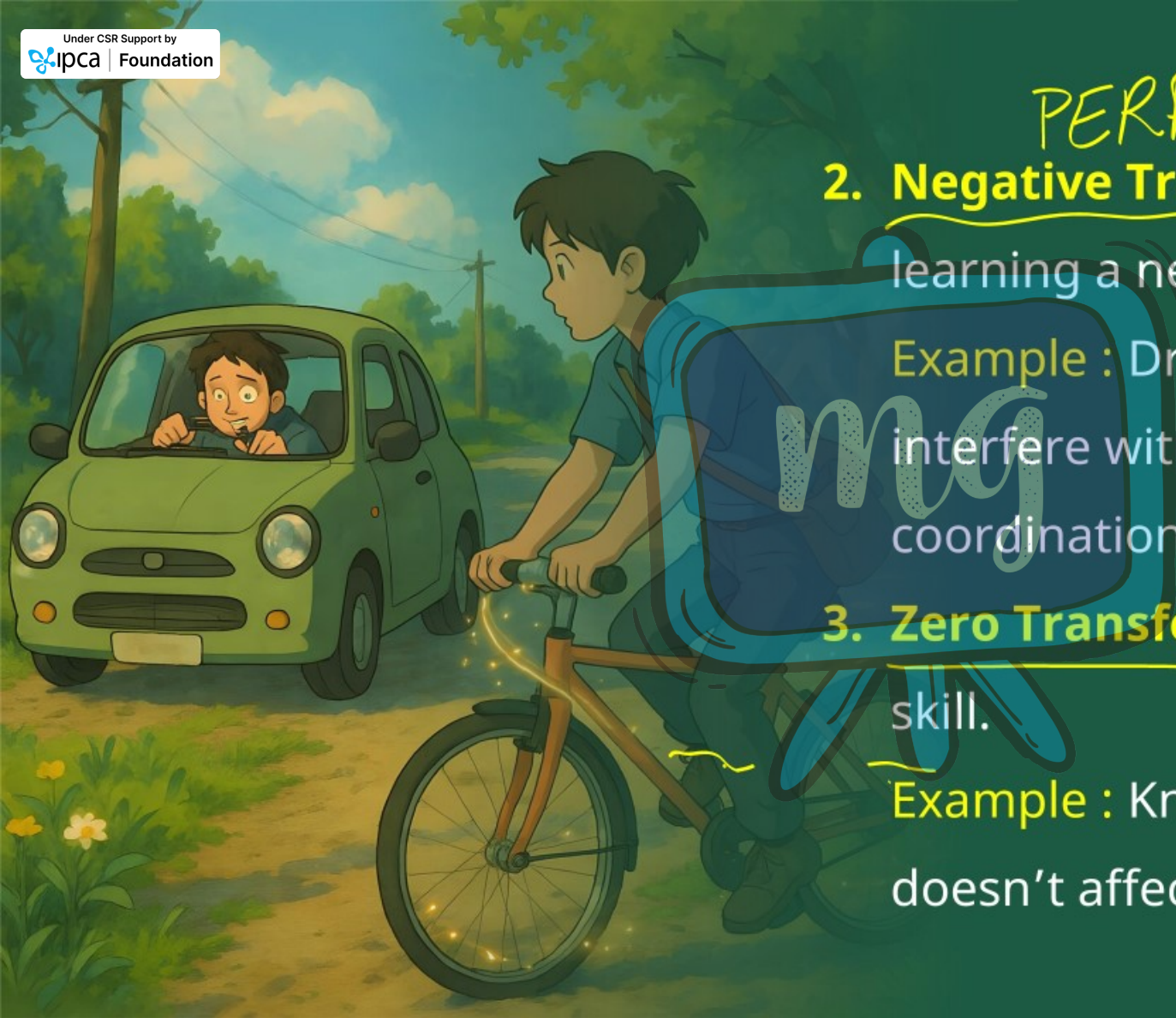
2. Negative Transfer : Interferes with learning a new skill.

X PLATEAU
HALT

Example : Driving a bike may interfere with learning to drive a car if coordination is different.

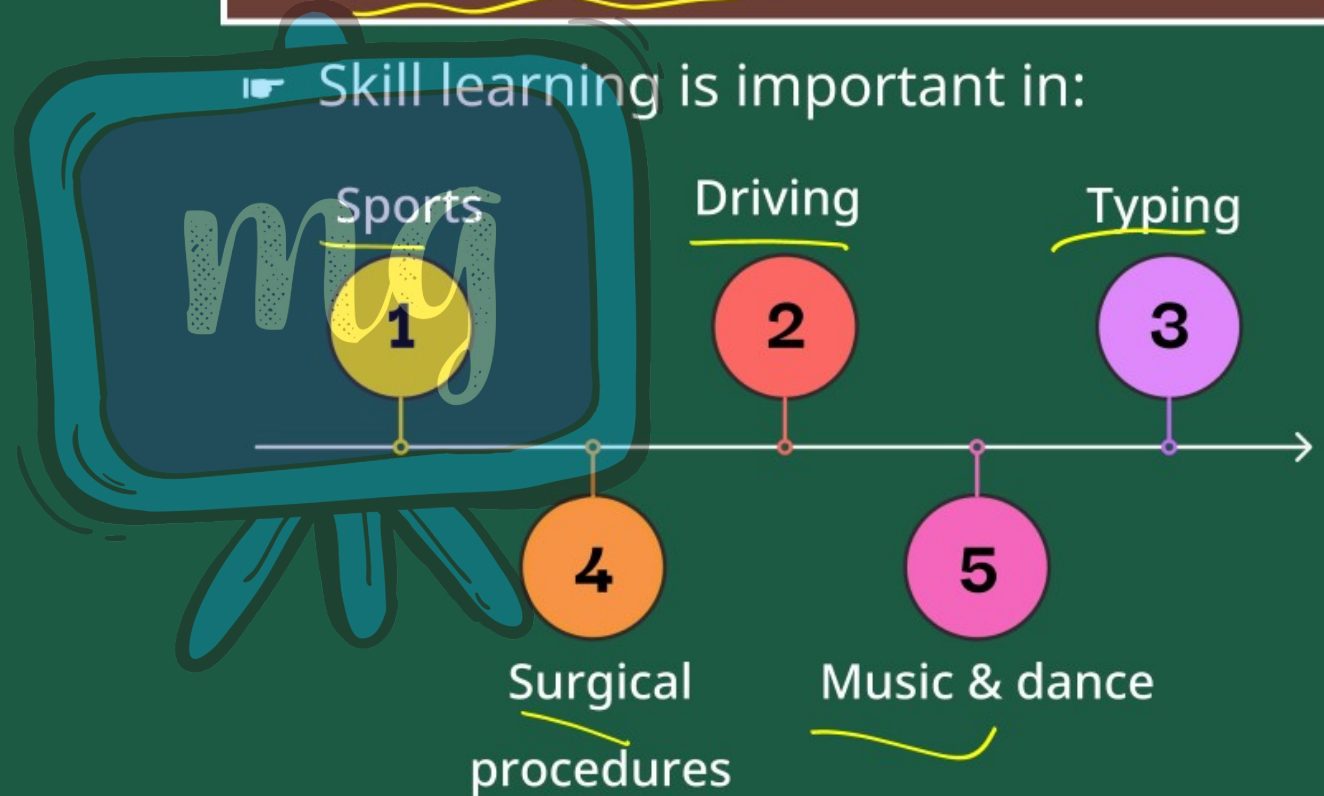
3. Zero Transfer : No effect on the new skill.

Example : Knowing how to draw doesn't affect learning to swim.



APPLICATION IN REAL LIFE

☛ Skill learning is important in:



LEARNING OUTCOME



1

Skill learning refers to:

- ☐ A Passive absorption of facts
- ☐ B Learning without any practice
- ☐ C Learning that involves physical or mental abilities through practice
- ☐ D Memorizing information

2

Which of the following is an example of skill learning?

- ☐ A Reading a novel
- ☐ B Solving a crossword puzzle once
- ☒ C Learning to drive a car
- ☐ D Remembering dates from history

3

The initial stage in skill learning is called:

- ☐ A Associative stage
- ☐ B Autonomous stage
- ☐ C Cognitive stage
- ☒ D Reflex stage