**LEARNING THEORIES**

First Name, Middle Initial(s), Last Name

Author's Affiliation

Course Number and Name(s)

Instructor's Name

Assignment Due Date

**Learning theory**

Learning theories are conceptual constructs that reflect how learning happens. They help clarify behavior changes and how information is learned, interpreted, and preserved during learning (Picciano,2017). All of the learning theories contribute to changes in an individual's experience, ability to perform a skill, or involvement in a group activity.

In our psychology class, the instructor followed Social constructionism. Learning occurred through sociological and communication of information. The concept explores creating mutually constructed worldviews that serve as the foundation for common beliefs about nature. Through observation and learning, we learned that meanings are created in collaboration with others rather than individually within each person, and the give-and-take relationship between social and environmental factors was the focus of this study.

The instructor followed cognitivism/information processing theory in the research project class. The learning was internal and required us to organize and process new information. I think this was the learning theory because of these examples; we were required to discover new ideas and come up with a unique project. We were required to set our own goals and motivate ourselves to learn. The instructor supports learning by creating an atmosphere that encourages exploration and assimilation.

In our statistics class, the instructor followed Behaviorism theory for data collection because the knowledge collected behavioral responses to stimuli in the environment. There was extrinsic reinforcement as we collected data, including both positive and negative reinforcement. The instructor transmits appropriate behavioral responses to the students, who absorb them, and the learning view was promoted by positive and repetition reinforcement of data samples.

**References**

Picciano, A. G. (2017). Theories and frameworks for online education: Seeking an integrated model. Online Learning, 21(3), 166-190.