

Learning Theory

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### **Ranking of Theories**

In terms of the consistency of my beliefs, I would rank the five theories in the following sequence:

1. Social Learning: The reason I believe that this should be prioritized is that there needs to be a strong relation between the educator and the learner in order to influence efficient learning.
2. Humanistic: Self motivation is important in order to ensure success in an environment that can sometimes lack motivation.
3. Psychodynamic: the experiences of life help to shape the personality of individual's due to which the psychodynamic theory is considered important.
4. Cognitive: expectations are important in order to set goals and goals are necessary in order to ensure that things that were expected are achieved.
5. Behaviorists: studying the environment is important because it helps to shape the behavior of individuals.

### **Description of Learning Theory**

Students who learn by socializing with each other tend to learn faster because they interact with the teachers and other students which enable them to overcome all the difficulties being faced. There is a lot of difference between a person who learns by himself and a person who learns from others. It has been proved that those who learn from others learn more because of the variety of experiences that they go through. Humanistic learning styles are also highly considered because those who are self-motivation never give up their hard work. Even in tough

situations, individuals with a humanistic learning style tend to make greater efforts in order to advance. The psychodynamic style of learning is a style inherited by the experiences of life. This type of learning is a result of the combination of all the experiences of life. Similarly, the experiences of life help shape the cognitive behavior of learners. In these cases, the learners develop expectations and set goals in order to achieve the desired result. Since every environment is different, those who possess a behaviorist's style of learning evolve by studying their environment and acting according to what is required (Mailick, Stumpf & Grant, 1998).

### **Health Promotion Teaching Plan**

A brief analysis of the nature of the learners in the Health Promotion Teaching Plan shows that the learners have a variety of learning styles. However, the social learning style is more dominant (NATO & Suykens, 2003). Hence, using the social learning style would benefit the most. One reason this style is dominant is that the learners would have to interact with people while performing their duties; hence, they have a lot of experience of interacting with people due to which they have developed strong social learning skills. The average age of the learners being in the above 20's and the learning environment show that the social learning style would be best suited throughout the program (Leonard, 2002).

I always consider the social learning style more effective and since the analysis of this group resulted in the realization of the fact that they would learn best if taught using this style, the chances of success are high. However, not all would be comfortable with this style due to which I have decided to also use some characteristics of a humanistic approach so that learners could be left on their own to guide themselves. Using the humanistic approach would eliminate

any difference that exists in the style of learning I would incorporate and the learning style preferred by the learners.

### References

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