

LEARNING THEORIES

How do people learn? We don't really know, but we have a few theories, and here are the three most popular theories. So it's not that you have to choose any one of these; they are all right, so a mixture of these theories of learning is what we should assume.

Behaviourism: This theory says you shouldn't worry about how people think, the way they learn is through behaviour, so if you want to learn something, repeat it over and over again until you have memorised it, and that's the start of learning. As well as repetition, another way to learn is reinforcement, so desired behaviour is rewarded, while the undesired behaviour is not rewarded.

- For Your Project
 - Multi-choice questions that the learners can take and retake
 - Videos that they can replay.
 - Repeat the same content, or at least link back to things they have seen before

Cognitivism: This theory says that the study of the brain is the most important way to understand how people learn. Understanding cognition, attention, short-term and long-term memory helps you understand learning. Memory is structured into schemas, so integrating new learning into your memory requires that you restructure existing schema to incorporate that information.

- For Your Project
 - Use analogies and metaphors where possible
 - Provide hyperlinks to useful content
 - Use mnemonics, concept maps, and advanced organizers

Constructivism: This theory says knowledge and learning are constructed, individually or as a group, student create meaning on the basis of past experience, and their reflection on those past experiences. Therefore different people have different versions of the truth, and they must be actively involved in their learning, and must interact with other to reach an agreed truth.

- For Your Project
 - Provide a discussion board or Wiki for students to share their views and research
 - Create WebQuests for the students
 - Create activities that encourage reflection