Learning Theories Paper

Spencer Floberg

University of Mary

Learning theories are ideas that follow us as we adapt ourselves as educators. There are a number of different ones that can be used within one's own teaching philosophy. The purpose of this paper is to take you through which of the learning theories I think would be most beneficial in the classroom, and what I think they would look like inside of my own teaching philosophy.

Humanism

In education, it is important to remember that mistakes can be made, and that we are all human. "In general, humanistic learning theorists define learning as the holistic growth of the person, including cognitive, emotional, and interpersonal domains" (Purswell, 2019, p. 359). I think this definition does the theory justice, as the humanistic learning theory looks into how we develop as a person. There are people out there who learn better through observation, and we see this throughout our own lifespan. We do not have the same personalities or traits from the time we are born to the time we pass away; we learn through observation how to become ourselves. I think a very simple procedure that is used in schools is snack time. A basic human need is food, and allowing students a snack break can help them refuel themselves to learn in our classroom, and reaching goals they have set for themselves.

Constructivism

I think the Constructivism theory is one that should be used in everyone's classroom, in order to be an effective teacher. There are often teachers out there who rely on lecture to teach their lessons, not saying that is a bad thing, but this only causes students to receive information passively instead of really understanding what the teacher is saying. "Thus, student-centered instruction calls for student engagement, immersion, and personal responsibility" (Stinnett & Oregon, 2018, p. 458). The main way to tell the students are putting in effort and trying to

understand, is their engagement. I think an easy way to make sure students are engaged within the class is to simply have turn and talks or some sort of group discussion. Using each other in the classroom is a great way to get the focus off of the teacher, and to focus on what they actually are hearing.

Behaviorism

The final learning theory that I think would be effective in a classroom would be the Behaviorist Learning Theory. I think this would be a good one to use, because it attempts to teach the students what happens as a result of good and bad behavior. We often hear words like that and think of elementary school procedures, but I think some things could be used within the secondary environment as well. As we discussed within the humanistic learning theory, we often learn who we are through observation of other behaviors, but that can go one of two ways. We know that in school, sometimes a student's home life can cause them to act out or change their behaviors completely. "By taking this neutral position on the concept of man, they believed that all human behavior either good or bad is learned by man from the social environment in which he lives" (Razak et al., 2018, p. 157-158). There is a simple way to display this, which is having some sort of reward system in place, which I see at a number of schools. Schools often reward students with little stamps or points where if they show effort and good behavior, they will receive one of the stamps, which they can later redeem.

How do these fit within my Teaching Philosophy?

Now, we know about a few of the important learning theories that attribute to how we educate. With that, I think there was a reason why I chose to reflect on these few, and that is because of the teaching philosophy I currently have. In general, I believe that each student

deserves the best education possible. The way I see the "best education" is by using student centered learning, to help make sure that they fully understand the material.

The style I am starting to see with how I teach is that I often check to see if the students understand what I am saying to them. As a future Physical Education teacher, there is not a lot of direct instruction simply because there is not time for any. We are trying to get warmed up and get into our activity of the day as quickly as possible. However, I often have found that it is beneficial to look at teaching as coaching. I also wish to be a basketball and football at the varsity level coach one day, and have begun looking into that side of my future as well. I think coaching is most effective when there is mutual trust and respect, and the student knows you truly care about them. Delivering the content in a confident and exuberant way is one thing, but if they do not feel that you care about them, there will be no understanding or willingness to learn.

I think the biggest idea I bring into my teaching philosophy is Love and Logic, and this is because there are going to be bad days. Knowing that, within those bad days, how do we as educators react? The student could be having a bad day or we could be having one, but it is up to us to bring it every day and show that we care for them no matter what. Within these theories, I think it shows with caring about how the students learn as a human, how they construct information, and what behaviors are inhibiting them from learning. I think if they are putting in the same effort to learn, and try to better themselves, then I think some reward should be used.

Conclusion

The reason I got into education was to help students reach goals they set for themselves, and to make sure they know they are all capable of great things. I think the learning theories I elaborated on throughout this paper show that that is my main priority. In the end, we are all

human beings and deserve to know what we are capable for great things. The effort and time both sides put in should be respected, and rewards can be given to the student with different school issued handout, and given to the teacher through student success.

References

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