**Colleague Ella initial post to week two discussion one**

**Briefly summarize the foundational approaches of behaviorism and social learning theories and the early theorists associated with them.**

Behaviorism is described as “a school of psychology that is dedicated to the study of objective behavior.”  (Meltzer & McLaughlin Crabtree, 2015).  Research states that behaviorism can be changed with conditioning, which is done in one of two ways: classical and operant. Watson’s concept of behaviorism in the classical sense is the view that once the behavior has been established, it may be adapted by how the conditioned stimulus is repeatedly presented in the absence of the unconditioned stimulus. This method is known as “extinction”.

Extinction occurs when there is no longer a reinforcement that facilitates the necessary behavior.  (ret.d from [www.verywellmind.com (Links to an external site.)](http://www.verywellmind.com/)) Behaviorists feel that learning by observation can be understood by “operant conditioning”, a direct result of those choices we make, thus rendering the consequences of our behavior.  Operant conditioning came about from the thinking of B.F. Skinner, a psychologist that created the device known as the “Skinner box” which he used to reinforce behavior through his reward system.  With this technique, Skinner used this method in his experiments with pigeons.  He taught the pigeons how to dance, and roll a ball down a bowling alley lane, (Clark, 2018) and associated this thinking to the likelihood of similar behavior in humans.

Key aspects of the theory of behaviorism are reinforcements (rewards) and punishment.  Reinforcement would be used to encourage the desired behavior to continue it, while punishment would be used to discourage it, stopping it from happening again.

Social learning is the theory of Albert Bandura, who believed that learning is something that happens in entirety all at once, not needing rehearsal or reassurance but simply by watching the actions of others.  (Kretchmar, 2019) It can be thought of as a bridge that connects the two theories of behaviorism and cognitive thinking. (Kretchmar, 2019) Much of it is societal in nature, occurring through trial and error.  Bandura further theorized that social learning also is acquired through psychological processes such as attention and memory and that modeling is a major part of this process.

**Describe how those two theories might be utilized in practice in the career path that interests you.**

Social learning and behaviorism would be beneficial in my career path, as a means of providing enlightenment to those students I work with.  Behaviors that occur today are often unpredictable due to inner mental thought processes and events that are of a personal nature.  The roles of mental therapists and other psychology professionals include trying to analyze the behavior.  In my observation in the classroom, I have noticed that some students are chronic offenders, consistently behaving in a way that often interrupts the flow of operation, impeding the progress of those who are trying to learn, as well as the teacher who is attempting to give instruction.  These students feel they are getting the upper hand, else would they discontinue it.  The attention they get gives them a false sense of “empowerment” in a strange and negative way, but for them, the sense of attention is gratifying, even if it is negative.

**Evaluate any issues and cultural considerations associated with your assigned theorist.**

All consideration must be given to “develop best ethical practices for effective collaboration with diverse partners.”  (Heitman, 2014) It is necessary to have good ethical insight when engaging in research.  This would help to show and ensure all good fidelity by staying within guidelines in the realm of “policy and professional standards.”  (Heitman, 2014)

**Analyze and describe how the APA’s Ethical Principles of Psychologists and Code of Conduct might affect the implementation of your theorist’s personality assessments.**

The use of animals in study may inflame the ire of animal rights activists.  In research studies, animals are often used to the dismay of those who have a profound fondness for animals such as veterinarians, animal trainers, or those who see this as abuse or cruelty.  According to the Committee on Animal Research and Ethics (CARE) gives the directive, stating that “APA encourages researchers to use alternative procedures in order to avoid or reduce pain or stress to a lab animal, whenever possible” (apa.org.,n.d.)

**Assess the types of personality measurements and research designs associated with your assigned theorist and describe how they have evolved.**

Bandura’s social learning theory came about when he conducted a study regarding aggression by using a doll, (Bobo doll) to demonstrate how children learn aggressive behavior by watching the actions of adults.  Fortunately, the experiment was conducted by using an inflatable doll, while young children looked on, and later tried to imitate the behavior they saw played out before them.

Skinner developed his theory of operant conditioning by using rats. By a creation which Skinner crafted, called the “Skinner Box”, he noted that when a behavior is reinforced in a positive way, it is likely that the behavior will be repeated, just as the result of punishment will normally end the behavior.  This method is used today in a wide variety of settings.  Parents, teachers, supervisory personnel and countless others employ the use of this teaching methodology as it is highly effective on many fronts today and seems to be successful as a learning tool.

**References**

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