

Student Name

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Course Title

Date

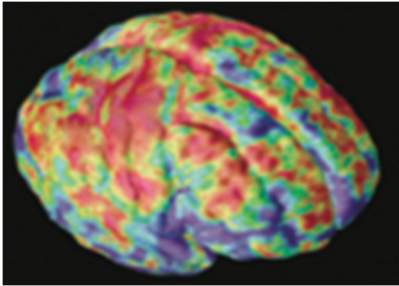
Introduction

Growth and development in human beings undergo various stages that follow a given sequence from childhood to adulthood. The outcomes of each stage and the period of time that a child takes to move from one stage of learning and development to another depends on the environmental setting in which growth takes place. Humans experience physical, mental, and social growth in the various stages of transitioning to adulthood. Theories of learning and development are used to explain in details how human beings progress from one stage to another. In this paper, seven major theories and principles are explained on the basis of their theoretical and practical applications. For each theory, an image is used to provide a pictorial overview of the theory and the stage of human development in which the theory applies in the discussion.

1. Behaviorism Theory

The behaviorist theory states that the physical environment significantly influences the behavioral adaptations of an individual. The role of conditioning in the process of learning and development is used in this theory to explain how the human body naturally responds to stimulus and the effect of the stimulus on behavioral change. According to the behaviorism theory, offering a reward for a certain behavior stimulates the individual to adopt the course of action or

speech while punishing a behavior compels the subject to avoid repeating that course of action in the future. This implies that a positive reinforcement on behavior encourages improvement of various aspects of that behavior through learning while negative reinforcement discourages learning and development of that behavioral type.



Practical Application

Behaviorism theory is widely applied in the teaching and learning based on a set of learning objectives that define the desirable course of action or behavior that gets rewarded and specifies the course of action or behavior that attracts punishment. In the educational setting, behaviorism theory significantly influences the academic and social development of students as they focus on the behavior change that is more likely to be rewarded academically. The application of behaviorist theory in the educational setting acts as the instructional basis through which educators guide learners through various stages of knowledge acquisition.

2. Cognitivism Theory of Learning and development

According to the cognitivism theory, the process of learning involves a series of mental processes that involve the acquisition and retention of information. The mental model of a human being is usually stimulated by behavior change through the mediation of stimulus and cognitive development. Cognitive development is basically concerned with the transfer of knowledge from an educator to a learner. The ability of the learner to receive the information and

transform it into action depends on their level of cognitive development and the environmental influence on the process of transmission and facilitation of knowledge transfer (Inhelder et al. 69-81). The process of cognitive development in human beings integrates the aspect of psychosocial growth and biological reflex that influences the moral and intellectual autonomy of the learner.



Practical Application

Cognitivism theory is applied in early childhood education to improve the process of knowledge acquisition by reinforcing attention, information retention, and motivation of the learners. I would apply this theory in the future teaching to integrate the behaviorist and the cognitive aspect of learning.

3. Constructivism Theory

This is an important theory of learning and development that applies the aspects of abstraction and reflection as the basis for establishing conceptual structures of knowledge acquisition. This helps learners to influence their own approaches to knowledge acquisition through observable behavior change. Through this theory, learners are able to develop their own

understanding of life through interpretation and processing of information instead of relying on the ideologies of someone who is perceived as more knowledgeable.

Practical application

This theory can be applied in teaching to help learners to apply basic knowledge to gain insights into different aspects of physical, mental, and moral development. This would foster innovation and creativity thus helping learners to achieve a state of independence of mind when handling important matters of academic and individual growth.

4. Experientialism theory

David Kolb developed this theory through the application of an experiential model that regards the learning process as a sequential cycle of practical stages. This theory of learning is founded on the application of prior knowledge and skills in real-world applications (Kolb 2). The experiential theory describes the learning process as the application of knowledge gained through observation and reflection to test new concepts in varying environments.



Practical Application

As an educator, I would apply this theory to reinforce knowledge transfer to the learners by the use of practical learning activities that aim at helping the learners to understand how different concepts can be allowed in real-time. This theory is not only applicable to learners but also in personal development since it links theoretical knowledge and real-life experiences.

5. Theory of Social Learning

The expected social outcome of various learning processes and activities to social acceptance as a productive member of the community. Contextually, the theory of social learning states that the process of knowledge acquisition is communal as it involves observational and experiential activities that are carried out by a group of people. This implies that learners acquire and transmit knowledge within a larger system that operates on a given level of learning and development. This theory promotes interaction between learners thus creating a multifaceted learning environment for social, mental, and physical growth.

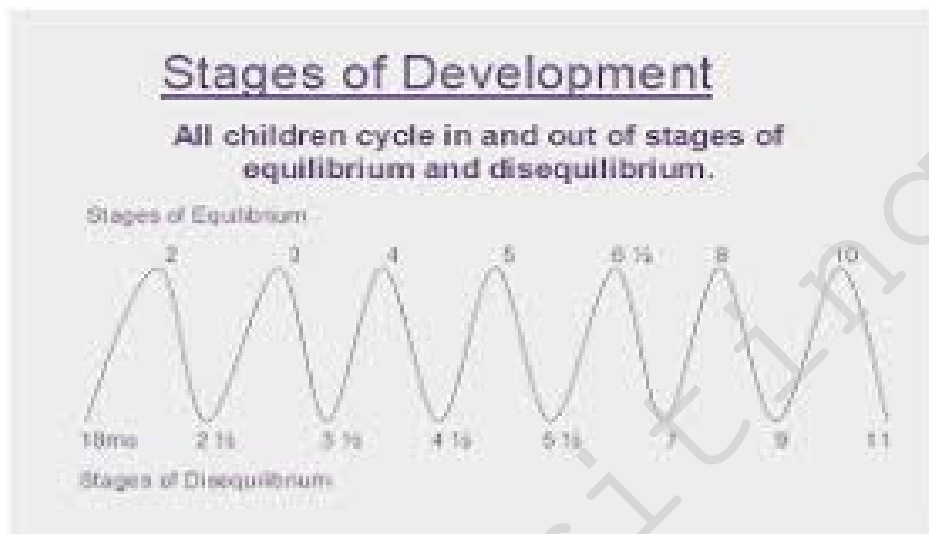
Practical Application

Theory of social learning explains the conceptual essence of knowledge acquisition; to be an effective member of society. In that regard, I would apply this theory to foster knowledge sharing through group observation and discussions that improve the comprehension of concepts. This would make the learning experience more enriching and focused on addressing not only the personal issues of knowledge acquisition but also address the societal needs.

6. Bowlby's Attachment Theory

The Bowlby's attachment theory was created to explain the early stages of social development in children. According to John Bowlby, learning in early childhood growth and development is significantly influenced by the nature of social relationships between children

and the people responsible for the provision of care to them. Bowlby idealized that human beings have innate needs to create attached relationships with people around them for survival. In every stage of growth and development, people create a different level of relationships and attachments that significantly influence their social and mental growth.



Practical Application

As an educator, I would apply this theory to help learners in early childhood development to develop healthy relationships that foster personal and academic development. I would apply this theory in teaching to help learners to form relationships with responsible people so as to be productive members of society.

7. Psychosocial development theory

Erik Erikson created the psychosocial development theory to describe various social and behavioral changes that define growth and development throughout the life of a human being.

The main aspects of learning and development according to this theory include social interactions and conflicts that influence emotional and mental development of a human being.

Erikson stated that learning and development in human beings go through eight stages of social interaction that influence the functional growth and development of a human being.

Practical Application

This theory is highly applicable in every stage of learning and development since addresses key social issues such as conflicts that arise in the entire life of an individual. As an educator, I would apply this theory to help learners to understand and appreciate the role of challenges and conflicts in shaping the mentality and promoting psychological growth.

Works Cited

Kolb, David A. *Experiential learning: Experience as the source of learning and development*. FT press, 2014.

Inhelder, Barbel, Hermine Sinclair, and Magali Bovet. *Learning and the Development of Cognition (Psychology Revivals)*. Psychology Press, 2014.

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