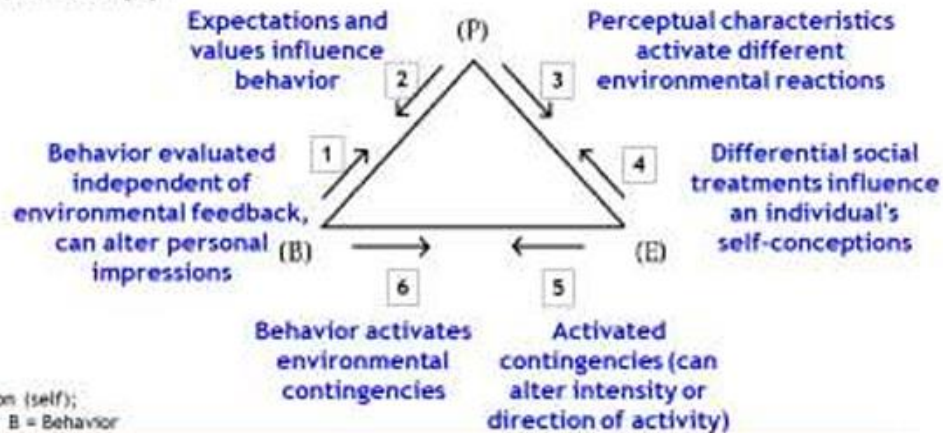# Social Learning Theory

By Katie Pelkey

Definition of Learning: Construction behavior patterns (knowledge) which society expects through environmental/social interaction.

Mechanism of Learning: Reciprocal causation: learners intake information from environment, which influences their perceptions/behavior. (Image source: SL IDE621 handout)

Reciprocal Causation: Relationship between Perceptions (P), Behaviors (B), Environment (E)

Expectations and values influence behavior (2)

(P)

Perceptual characteristics activate different environmental reactions (3)

Behavior evaluated independent of environmental feedback, can alter personal impressions (1)

Differential social treatments influence an individual's self-conceptions (4)

(B)   (E)

Behavior activates environmental contingencies (6)

Activated contingencies (can alter intensity or direction of activity) (5)

Key: P = Perception (self);
E = Environment; B = Behavior

Assumptions: (1) People learn by observing behaviors of others and the outcomes. (2) Learning can occur without a change in behavior. (3) consequences of behavior and cognition play a role in learning. (4) Self-regulation plays a major role in learning (5) Humans naturally attempt to impose order.

Ex: In the "Bobo doll" studies, Bandura showed that children (ages 3 to 6) would change their behavior by simply watching others.

Vocabulary and Key Principles
1. **Models:** individuals observed for others' learning
2. **Self-efficacy:** belief that one can execute a behavior
3. **Self-reinforcement:** the learner's increase in behavior independent of the consequences
4. **Self-regulation:** learners develop their own ideas about what's appropriate and act accordingly.
5. **Vicarious Reinforcement:** the learner increases behavior after seeing model's reinforcement
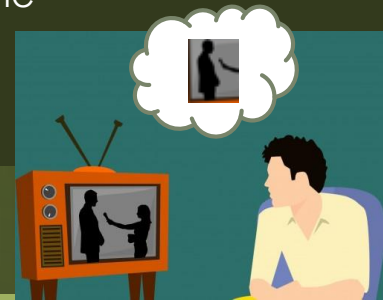
Theorists & their key contributions:
Albert Bandura: Proposed four conditions necessary for effective modeling; conducted Bobo doll experiment

Dale Schunk: Popularized self-efficacy as a motivational factor in decision making/achievement.

Barry Zimmerman: Developed the self regulated learning model.

Neal Miller/John Dollard: Proposed that imitative behaviors can be maintained by intermittent reinforcement