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Field Experience  
February 11, 2022

#### Week 4: Bandura's Social Cognitive Theory

1. Video summary. (1 paragraph)

The video explored Bandura's Social Cognitive Theory, which argues that humans learn through observation. This was an external approach to psychology, and a direct contrast to Behaviorism, which is an internal approach. The speaker emphasizes the point that observation does not refer to mere "seeing" because seeing alone is not sufficient enough to grasp, but that learning requires attention, retention, and motor reproduction. In other words, for one to fully learn something, one must be attentive to what they are observing, be able to remember it, and be able to imitate it.

2. a) Important question generated by the video + my response. (2 paragraphs)

The speaker mentioned that, in his opinion, he thinks the Nature VS Nurture debate has been debunked because it all depends on the situation, usually it leaning more towards one, and even both at the same time. I agree with the speaker because it never is one or the other, and sometimes we can not pin point the origins of which came first. Psychology is complex and to say to someone that "you are this way because of x, y, and z" is a box diagnosis.

b) Define 5 new terms/concepts.

1. Retention - remembering
2. Motor Reproduction - be able to do it ourselves
3. Triadic Reciprocal Determinations - relationship between environment, biology, and behavior all influence a person
4. Self-Efficacy - a person's belief in the ability to accomplish something
5. Sabido Method - influencing positive behavior, prosocial

3. Subjective reaction or any questions raised. (1 paragraph)

It never occurred to me the severity of stressors like poverty or abuse could have on development. It saddens me that people who have suffered from a lot of stress early on, statistically, have lower quality lives because their brain was not able to properly grow- shown in that people in poverty have smaller hippocampus. At the same time, I am in reverence of how important care and love are to humans; it truly is a necessity.

4. What you learned and how it will impact your future teaching? (1 paragraph)

The concept of self-efficacy intrigued me, both from this video and this week's lecture. I believe that in order for me to be a good teacher, I must first be a good student; however, being a "good" student like having good grades, being motivated, and optimistic is not easy or natural sometimes. I am understanding that there is a lot of psychology that is a part of a student's life and their mental/emotional approach to their studies. From my experience of low self-efficacy due to not being able to emotionally handle failures and being a very doubtful person, it really is a daily mental battle to face my schoolwork. But I understand that I am able to eventually face my schoolwork because I am now an adult and there are just too many things holding me accountable like finances. Children, however, have nothing to lose, so many times they just give up; therefore, they do not know what they are capable of until many years later or even never. As a teacher, I definitely need to be keen on these behaviors and to stir a desire in them.