

UNIVERSITY OF BUEA

FACULTY OF EDUCATION

DEPARTMENT: EDUCATIONAL PSYCHOLOGY

COURSE: EPY204 PSYCHOLOGY OF LEARNING

Question 1: As a newly admitted student in the University of Buea(UB), critically propose some study skills (strategies) that can lead to a successful academic Journey within 3 years in the University of Buea.

Question 2: PinPoint one theory of Learning and critically examine the principles that can lead to an effective teaching and learning transaction in an afri-centric classroom.

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Question 1

The word study skills also called study strategies refers to approaches or techniques applied for an effective learning process, that helps students in studying, recalling, and retaining information. These skills can be easily learned and applied to every skills related to studies thus, they are very important to the success of students by enabling them acquire good grades. Below are some study strategies grouped in 3 main categories.

A. Environmental Resources

These are factors based on nature and play a vital role in acquisition of knowledge through learning

1. Home Environment

By home environment, we are referring to a comfortable and conducive place of abitation for the student which is good for his physical, psychological, emotional, social, mental, and health wellbeing. As a student, you should have a conducive study space comprised of a study table, chair, black board, and quality bulb.

2. School Environment

allet timeAs a first timer in the University of Buea, it your duty as a student to get acquainted to the school premisses before the effective qick off of classes. In this line, you have to make out time to visit the campus and know all its resources such as: locating faculties and department offices, know the school library, the IT centre, school restaurant, the health unit, the sport complex, school councelors, the different classrooms and amphiteares. The knowledge of all these, will enable every first year student to go through with their studies smoothly.

B. Effective Time Management (ETM)

Talking of ETM, we are referring to one's ability to make good use of the available time given to us by knowing when and how to do things in that time frame without complaints and excuses. A day is full of activities thus every good student should have a concrete work schedule. That is, a draft of their daily activities. The most important aspect of this schedule should be a suitable study timetable. One who has a school timetable at hand. It is very important when coming up with the study timetable to ensure that it fits in with your **alert time**. In addition to study time table, make out time for leisure, outings and family interactions.

C. Personal Qualities or Personal Resources

Knowing oneself is a vital tool to help scale through the learning process. We need to understand ourselves if we want to excel academically.

1. Alert Time

This refers to one's ability to identify what time of the day is most conducive and favourable for studies.

2. Learning Styles

It is the way an individual learns best. It could be Auditory, Visual, Kinesthetic, or Eclectic learning style.

If these strategies are effectively applied, every conscious student, would make it out through UB in 3 years with a congratulatory GPA.

Question 2

Learning is a relatively permanent change in behaviour as a result of experience or exposure.

Learning theories refers to conditions and processes through which learning occurs, providing teachers with models to develop instruction sessions that leads to better learning. We have the: Behaviourism, Cognitive, Constructivism, Humanistic, and Connectivism learning theories. Based on our above question,

we are going to look at the social cognitive theory by **Albert Bandura** (1925 - present date).

The social cognitive theory also known as the social learning theory stipulates that learning occurs based on observation, imitation, and modeling. It is based on 3 main ideas:

1. People learn through observing role models.
2. Internal psychology influences the learning process.
3. Learning a behaviour is not a guarantee to automatic execution.

This theory has four(4) main principles:

A. Attention

For learning to be concrete and effective, the attention factor of the learner cannot be taken lightly. Distraction is a normal thing that comes hand in hand with learning. It is how ever the duty of a teacher to keep the attention atmosphere of the classroom active always.

B. Retention

This refers to how well one can store an information learned without forgetting so that it can be successfully reconstructed well later. As a teacher, you must put in your best to enable students recall what they have learned from you. You can apply the use of:

- Memory techniques (Mnemonic devices, writing down information, repetition of the same thing, prompt asking of questions) all done by the learner with the help of the teacher.
- Apply the classroom learning to real life situations.

C. Motor Reproduction or Production Process

It is applicable after the attention and retention process has taken place. The learner moves towards performing or reproducing the observable behaviour.

D. Motivation

For learning to be effective, motivation is mandatory. You can imitate a model only when you feel motivated enough. Thus, reinforcement and punishment are vital in motivation. Reward, will make the learner(s) keep up a good and positive behaviour. Punishment on the other hand, will favour the extinguishment of a bad behaviour in the learner(s).

This theory, is a combination of the **cognitive theory** which stipulates that, psychological factor determines learning (**attention and retention**), and **behaviorist theory** that believes that learning is based on how individuals respond's to environmental stimuli (**motor reproduction and motivation**).

Application of theory in classroom.

1. Learners may imitate the teacher or classmates based on what motivates them most.
2. Teachers may present themselves as good role models in class with quality behavior so as to bring positive change to the learners.

References

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