

# Social Cognitive Learning Theory



WEEK 8.2

# Social Cognitive Theory



- Helps us understand what and how people learn by observing others and then exert control over their own behavior
- Person behavior and environment

# Basic Assumptions



- 1. people learn by observing others (“modeling”)
- 2. learning is an internal process that may or may not lead to behavioral change
- 3. Cognitive Processes influence motivation and learning
- 4. people and environments mutually influence each other
- 5. behavior becomes increasingly self-regulated across development