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Pedagogical Book on Educational Psychology

(A guide for Advanced learners)



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**Pedagogical Book on
Educational Psychology
(For Advanced Learners)**

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In conclusion, creating this pedagogical book has been a rewarding journey, and it would not have been possible without the collective efforts of my dearest colleagues. Thank you for being a part of this endeavor and for your dedication to advancing the field of education.

Preface to the Book

The present book that embraces eight important chapters- chapter one: Educational Psychology, chapter two: Developmental psychology and Learning, chapter three: Theories of Learning, Chapter Four: Motivation and Learning, Chapter five; teaching and Learning, chapter six: Classroom Management, chapter Seven: special Education, and finally chapter eight: Technology and learning. These chapters provide learners with the important aspects of Educational Psychology theory and Practice.

Educational psychology is a specialized branch of psychology that focuses on understanding how people learn and develop within educational settings. It explores the various psychological processes and principles that influence learning, teaching, and educational environments. This field is highly relevant for students pursuing higher education, as it provides insights into effective learning strategies, instructional techniques, and the factors that impact academic achievement.

Educational Psychology

Level: First Year Doctorate in Didactics

Course Name: Educational Psychology

Course Schedule: 2 hours per week during both semesters.

Course Description

The current course is designed to introduce some psychological principles, different theories and assumptions related to the learning/ teaching process. Consideration is given to the objectives of the EFL teaching; namely, to the learner-centered pedagogy, learners' diversity, and learners' autonomy. In addition, it is a preparatory course for future teachers to develop an awareness and readiness for their career.

The course provides the existing theoretical principles and applied aspects of learning, human development and maturation, development of intelligence, personality, affective and social dimensions in relation to their effect on the individual as a learner in the educational context. Respectively, the essence of the subject matter first offers the study of learning theories including behavioral, cognitive, emotional, and social learning processes that affect education and the student's involvement to include affective parameters, environmental influences, and socialization.

Focus is also put on individual differences among learners including learning styles and learning strategies.

Course Objectives

The current course aims to provide students with knowledge and awareness necessary for their future career as English language teachers. Hence, after successfully completing this course, students will be able to

1. Define ‘educational psychology’ and explain its role in the educational context.

2. Discuss the importance of ‘educational psychology’ to the enhancement of a student’s motivation, self-confidence, and self-esteem.

3. Distinguish the existing theoretical learning theories; discuss the different behavioural, cognitive, humanistic, and social factors; and acknowledge their impacts in the learning process. 4. Describe how students assimilate new information, construct knowledge, acquire skills, and develop habits.

5. Apply learning theories and models into classroom situations.

6. Describe how teachers and students contribute to a productive learning environment.

7. Identify and discuss the major components and techniques of classroom planning, management and instruction and how these components and techniques address individual differences.

8. Apply strategies that help diverse students work cooperatively and effectively

Time Allocation : 2hrs per week 12 weeks in the semester

Materials Needed : PPT - Videos - Journal Articles -other documents

Chapter One

I .Educational Psychology

1. Introduction to Educational Psychology

2 .Different Definitions of Educational Psychology

3. Importance of Educational Psychology

1. Educational Psychology

Introduction to Educational Psychology

Educational psychology is a field that combines principles from psychology and education to understand how individuals learn and develop in educational settings. It focuses on studying the psychological processes and factors that influence learning, teaching, and assessment. By applying psychological theories and research findings, educational psychologists aim to improve educational practices and enhance the overall learning experience for students. (Santrock (2017)

Educational psychologists investigate various aspects of learning, including cognitive processes, motivation, social interactions, individual differences, and assessment techniques. They study learners of all ages, from early childhood through adulthood, and explore how factors such as classroom environment, curriculum design, teaching methods, and educational policies impact learning outcomes.

Educational psychology is a combination of two words, "education "and "psychology". Education may be seen as the attempt to shape or modify behaviour of an individual with a view of equipping him or her with desirable skills, habits and attitudes to adequately adjust to the communal life and contribute effectively to its growth and preservation (Upadhya & Singh, 2008).

1. Different Definitions of Educational Psychology

According to Skinner (1958): Educational psychology is that branch of psychology which deals with teaching and learning. Crow and Crow (1973) defined educational psychology as: Educational psychology describes and explains the learning experiences of an individual from birth through old age. Another psychologist named Peel (1956) says: Educational psychology is the science of education. Education in its applied form is centered around the process of teaching and learning.

According to Woolfolk et al. (2015), "Educational psychology is the study of how humans learn in educational settings, the effectiveness of educational interventions, the psychology of teaching, and the social psychology of schools as organizations."

Santrock (2017) defines educational psychology as "the scientific study of how individuals learn, the psychological processes that support or impede learning, and the application of psychological principles to enhance the teaching and learning process."

Modern psychologists defined psychology as the "Science of Consciousness". James Sully (1884) defined psychology as the "Science of the Inner World". Wilhelm Wundt (1892) defined psychology as the science which studies the "internal experiences".

2. Importance of Educational Psychology:

For years, teacher educators have written about the purposes, aims, and goals of educational psychology and have stressed the relevance of the field for the practice of teaching and learning (Alexander 2004; Berliner 1993; Brophy 1974; Woolfolk Hoy 2000). Education of teachers is not only responsible for the improvement of school education but also for preparing well qualified teachers who are professionally competent, committed, resourceful confident and reproductive to meet the demand of the national development (Okonkwo & Udeze, 2012)

These focal points of education demand that the knowledge of Educational Psychology is essential for a teacher (Woolfolk, Winne, & Perry, 2006).

Some of the significances of educational psychology in teacher education are itemized below:

1, The teacher who knows psychology can make his teaching very successful while keeping in view innate nature of the child. The child has got natural urges, instincts, potentialities and propensities. These innate qualities are the "Prime movers" of his behaviour.

2. It also helps the teacher in understanding the physiological and psychological basis of behaviour, i.e. nervous system, glands, instincts, emotions, sentiments, motives, play, intelligence, heredity and environment etc.

3. It helps the teacher in giving guidance to the pupils by having an understanding of interests, abilities, aptitudes, achievements, problems, educational and vocational plans of the pupils.

4. It helps the teacher in knowing the unconscious mind of the students and plays very important role in the development of the personality of the individual.

5. It helps the teacher to know about himself. He learns the psychology of being a teacher and acquaints himself with the traits of a successful teacher.

6. Children pass through different stages of development at infancy, childhood and adolescence. These developmental stages have their own characteristics. If the prospective teacher knows the characteristics emerging at different stages of development, he can utilize these characteristics in imparting instruction and molding their behaviour according to the specified goals of education. 7. No two individuals are alike. The teacher with the knowledge of this kind of individual differences may adjust his teaching to the needs and requirements of the class and thus may be helpful in creating conducive environment in the schools where the students can develop their inherent potentialities to the maximum.

Source: *Significance Of Educational Psychology For Teachers Education And National Development In Nigeria*- Christopher Menyaga Alaji; Simon Isaiah Tijani and Haruna Ogboji Abdullahi

8. The knowledge of educational psychology provides a teacher the knowledge of learning process in general and problems of classroom learning in particular i.e. understand the Nature of Classroom Learning.

9. The teacher by the knowledge of educational psychology can understand the principles of learning and various approaches to the learning process, problems of

learning and their remedial measures and also about factors affecting and guidance for effective learning.

10. Educational psychology gives the teacher knowledge of appropriate teaching methods. It helps in developing new strategies of teaching. It also provides the knowledge of different approaches evolved to tackle the problems of teaching at different age levels.

11. By studying educational psychology, the teacher may understand the causes of the Problems of the children which occur at different age levels and can successfully solve them.

12. By studying educational Psychology, the teacher will know various factors which are responsible for mental ill health and maladjustment and can successfully help in Central hygiene. **13.** Psychological tools help the teacher to assess the learning outcome of the students and also to evaluate his teaching methods for required modification.

14. Psychological principles are also used in formulating curriculum for different stages. Needs of the students, their developmental characteristics, learning patterns and needs of the society all are to be included in curriculum construction.

15. Educational psychology helps in developing tools and devices for the measurement of various variables which influence the behaviour and performance of students.

16. The teacher training program aims to develop positive attitude towards teaching profession and provides the prospective teachers with the necessary competencies to meet the classroom challenges. Training colleges provide the knowledge of organizing the subject matter in a sequential order to suit the needs of the class. The trainees

are also acquainted with the techniques of motivating children for learning.

17. Educational psychology helps the teacher to recognize the importance of social behavior and group dynamics in classroom teaching learning.

18. With the knowledge of educational psychology teacher utilizes the importance of indirect discipline rather than corporal punishment. It tells the teacher that discipline should be self-discipline, dynamic, positive and constructive through participation in purposeful activity. Pleasure and pain, reward and punishment, praise etc., should be judiciously used. If the teacher is unaware of the principles of educational psychology he may be unable to solve the problems of his students and thereby fail to induce order and discipline among them.

19. Former autocratic method of administration in school and class has been changed by democratic way of life wherein the teachers and administrators are more democratic, cooperative and sympathetic and problems of administration solved by mutual discussion.

20. Educational psychology has helped the teachers to make use of various types as audio visual aids in classroom teaching so as to make the concept clearer, definite and learning to last longer. **21.** The knowledge of psychology is helpful to the teacher in preparing time-table. He should keep in main the relative Importance and toughness of different subjects and level and index of fatigue of the students.

22. Activity-centered teaching, discussion method, micro-teaching etc., are some innovative ideas adopted to improve the teaching learning process.

23. Activities like debate, drama, games are given due importance along with theoretical subjects for the harmonious development of the personality of children. 24. Educational psychology has helped in planning of text books according to the intellectual development of children, their needs and interests at different age levels.

3.Understanding Individual Differences:

Educational psychology helps educators recognize and appreciate the diverse needs, abilities, and learning styles of students. By understanding individual differences, teachers can tailor their instructional strategies and provide appropriate support to maximize students' learning potential. "Educational psychology emphasizes the uniqueness of each learner and recognizes that individuals differ in their abilities, interests, learning styles, and cultural backgrounds." (Woolfolk et al., 2015).

Individual differences can be observed through the physical and the behavioural aspects an individual displays. The physical traits as posture, stature, characteristics as tall, short are examples. Heredity makes the differences together with the environment where someone grows and develops. Genes and chromosomes help shape the individual who lives in an environment determined by family, school neighborhood and place of work. Individual differences are generally measured through psychological tests such as intelligence or personality.

Individual differences in education explain differences related to student differences in thinking, feeling, and acting in one class. Everyone, whether he is a child or an adult, and whether he is in a group or alone, is called an individual (Basri, Syakur, & Marta, 2013).

4 .Enhancing Teaching Practices:

Educational psychology provides teachers with valuable insights into effective teaching strategies, classroom management techniques, and assessment methods. It helps educators create engaging and inclusive learning environments that foster motivation, active participation, and academic achievement. "Educational psychology guides teachers in developing effective instructional methods, promoting positive classroom dynamics, and facilitating meaningful learning experiences." (Santrock, 2017). It also includes knowledge of techniques for assessing students' understandings and diagnosing their misconceptions (Peterson, 1988)

According to Peel “educational psychology helps the teacher to understand the development of his pupils, the range and limits of their capacities, the process by which they learn and their social relationships” (as cited in Manichander,2015).

Miller and Boud (1996) argue that experience is indispensable for learning to occur: “Experience cannot be bypassed; it is the central consideration of all learning” (p. 9).

Through dialogue, the teacher-of-the-students and the students-of-the-teacher cease to exist and a new term emerges: teacher-student with students teachers. The teacher is no longer merely the-one who teaches, but one who is himself taught in dialogue with the students, who in turn while being taught also teach. (Freire, 1970/1994,p. 61)

5.Promoting Optimal Learning Conditions:

By studying cognitive processes, memory, and motivation, educational psychology offers insights into how to optimize learning conditions. It helps educators design curriculum materials, instructional aids, and learning activities that facilitate deep understanding, critical thinking, and long-term retention of knowledge. "Educational psychology focuses on creating optimal learning conditions that promote intellectual growth, meaningful learning, and the development of problem-solving skills." (Woolfolk et al., 2015)

To help students become capable and competent practitioners requires that they have training in self-awareness, knowledge acquisition, and skill building (Kramer, 1998). According to Shebib (2003), practitioners need to have skills in four areas: relationship building, exploring or probing, empowering, and challenging. An essential additional skill is the ability to gain and utilize knowledge from practice (Dorfman, 1996). Mendenhall (2007) says that in order for students to develop these skills, education at the master's level, as well as practical experience, is necessary and expected.

Boud, Cohen, and Walker (1993) believe that experience is the central consideration of all learning. They argue that learning builds on and flows from experience and that "learning can only occur if the experience of the learner is engaged, at least at some level" (p. 8). When a teacher uses an example from his or her own experience, learning can occur and can stimulate a desire for further learning (Boud et al., 1993).

Supporting Students' Well-being:

Educational psychologists play a crucial role in promoting students' social-emotional well-being. They help

identify and address factors that may hinder learning, such as stress, anxiety, or learning difficulties. Through counseling and interventions, educational psychologists support students' holistic development and overall academic success. "Educational psychology recognizes the importance of students' emotional well-being and advocates for creating safe, supportive, and nurturing learning environments." (Santrock, 2017)

Kumber and Leung(2006) revealed that teaching-learning environment can motivate learners to work hard without feeling stressed. Blake and Pope (2008) incorporated Piaget's and Vygotsky's theories into teaching strategies in elementary classroom. Findings showed that students' learning is likely to increase.

In conclusion, educational psychology offers higher education students valuable insights into the dynamics of learning, teaching, and educational environments. It equips them with tools to enhance their own learning experiences, develop effective teaching skills, and contribute to the improvement of educational practices and outcomes.

Activities

1. Activity One: Answer the following Questions-

1. Why is psychology important to learners?

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What does psychology teach you?

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2. How does educational psychology help teachers?

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3. Why is educational psychology important?

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4. What is the role of educational psychology?

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5. What are the two types of educational psychology?

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6. What is educational psychology?

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7. What are the characteristics of educational psychology?

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8. What is learning according to educational psychology?

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10. Why is educational psychology important for teachers?

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Activity Two: Answer by True or False-Justify the False answers

1. Educational psychology helps teachers to know how a learning process takes place.

True False

Justification:.....

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2.It helps them to guide the students in the right direction.

True

False

justification:.....

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Activity Three: Define the following Types of Learning

1. Motor Learning:

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2. Verbal Learning:

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3. Concept Learning:

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4. Discrimination Learning:

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5. Learning of Principles:

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6. Attitude Learning:

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Activity Three: Fill in the blanks:

1. **A. Introspection** is a method of -----

B. The word introspection is made up of two Latin words

2. **Observation** has been defined as _____ without _____

3. Mention **four types of observation** :

1. _____ 2. _____

3. _____ 4. _____

4. List the steps involved in observation method:

1. _____

2. _____

3. _____

4. _____

Activity Four: Textual Questions : Answer as indicated

1. Describe the **introspection method** along with its merits and demerits?

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2. How will you use the **observation method** to study child's behaviour?

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3. Discuss the **essential guidelines for making good observations**

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4. Discuss the merits and limitations of experimental method

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5. Why is experimental method considered an excellent method of collecting data?

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6. Describe the clinical method and bring out in detail the merits and limitations of this method?

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Chapter Two:
II. Developmental Psychology and
Learning

- a. Stages of development and learning
- b. Role of nature and nurture
- c. Cognitive development
- d. Social development

II. Developmental Psychology and Learning

Introduction

Developmental psychology focuses on the study of human growth and development across various stages of life. Although students are usually grouped by chronological age, their development levels may differ significantly (Weinert & Helmke, 1998) as well as the rate at which individual children pass through each stage. This difference may depend on maturity, experience, culture, and the ability of the child (Papila & Olds, 1996).

According to Berk (1997) Piaget believed that children develop steadily and gradually throughout the varying stages and that the experiences in one stage form the foundations for movement to the next. All people pass through each stage before starting the next one; no one skips any stage. This implies older children, and even adults, who have not passed through later stages process information in ways that are characteristic of young children at the same developmental stage (Eggen & Kauchak, 2000.)

While different theorists propose different stage theories, one widely recognized theory is Jean Piaget's theory of cognitive development, which identifies four major stages:

1. Stages of development and learning

a) Sensorimotor Stage (Birth to 2 years):

In this stage, infants explore and learn about the world primarily through their senses and motor actions. Evidence suggests that children at the sensorimotor stage have some understanding of the concepts of numbers and counting (Fuson, 1988). This stage is characterized by the progressive acquisition of object permanence in which the child becomes able to find objects after they have been

displaced, even if the objects have been taken out of his field of vision. For example, Piaget's experiments at this stage include hiding an object under a pillow to see if the baby finds the object.

b) Preoperational Stage (2 to 7 years):

Children in this stage develop symbolic thinking and language skills, but their thinking is egocentric and lacks logical reasoning.

c) Concrete Operational Stage (7 to 11 years):

During this stage, children begin to think more logically and develop the ability to perform mental operations on concrete objects and events. Additionally, seriation and classification are the two logical operations that develop during this stage (Piaget, 1977) and both are essential for understanding number concepts. Seriation is the ability to order objects according to increasing or decreasing length, weight, or volume. On the other hand, classification involves grouping objects on the basis of a common characteristic. According to Burns & Silbey (2000), "hands-on experiences and multiple ways of representing a mathematical solution can be ways of fostering the development of this cognitive stage" (p. 55).

d) Formal Operational Stage (11 years and beyond):

In this stage, individuals develop abstract thinking, hypothetical reasoning, and the ability to engage in deductive reasoning.

Critics of Piaget's work argue that his proposed theory does not offer a complete description of cognitive development (Eggen & Kauchak, 2000). For example, Piaget is criticized for underestimating the abilities of

young children. Abstract directions and requirements may cause young children to fail at tasks they can do under simpler conditions (Gelman, Meck, & Merkin, 1986)

2. Role of nature and nurture

The debate on the role of nature (genetics) versus nurture (environment and experiences) is central to developmental psychology and learning. Researchers generally agree that both nature and nurture significantly influence human development and learning. Nature provides the genetic framework and predispositions, while nurture shapes development through experiences, social interactions, and cultural factors.

In 1874, Dr. Francis Galton wrote: “[Nature and nurture] separates under two distinct heads the innumerable elements of which personality is composed. Nature is all that a man brings with himself into the world nature is every influence from without that affects him after birth.” (Lock, 2016,p.14)

The interactionist perspective suggests that nature and nurture work together, with genetic factors influencing an individual's response to environmental stimuli and experiences. For example, genetic predispositions may influence a child's cognitive abilities, but environmental factors such as quality of education and supportive parenting can also shape their learning outcomes.

Feldman (2009) defines the nature nurture debate as the issue of the degree to which environment and hereditary factors influence the behaviour. Feldman (2009:39) says “nature refers to hereditary factors, characteristics and tendencies that influence development.” Thus nature can be defined as inborn characteristics such as generic diseases evident in a developing child. Santrock (2004) defines

nurture as environmental factors that have an influence on the development of a human being. According to Bernstein (2011) nurture refers to all environmental influence, after the birth of a child that affects development. Hence nurture can be called post-natal factors that influence development of people

According to sociologists, some aspects of human behavior are intended, usually directed to other people, while others have no motive or meaning (Bandura, 1986). These actions include those that human beings exhibit when they are on their own, as well as those they show when around others, which is referred to as social behavior (Skinner, 1957). The theory of nature argues that human behavior such as aggression is a product of genes (Torgersen, 2009).

The biological make-up of a person determines how they think and how they view the world around them (Ekelund, 1999). proponents of nature theory of human behavior argue that intelligence is all about genes (Sameroff, 2010). The point of contention arises when the scientists go further to illustrate that personality, sexual orientation, intelligence and aggression are conduits of human genes (Bleidorn, et al., 2010). The personality of an individual early in life is quite different from that of adult or elderly life due to the forces of the environment on behavior (Torgersen, 2009).

3. Cognitive development

Cognitive Development: Cognitive development refers to the growth and changes in a person's mental abilities, including thinking, problem-solving, memory, attention, and language. Piaget's theory, mentioned earlier,

offers insights into cognitive development during childhood.

Additionally, Lev Vygotsky's sociocultural theory emphasizes the role of social interactions and cultural factors in cognitive development. Vygotsky proposed that children learn through interactions with more knowledgeable individuals, such as parents or teachers, who provide guidance and support in the "zone of proximal development." This zone represents the difference between what a learner can accomplish independently and what they can achieve with assistance. (McLeod, S. A. (2019).

The area of Cognitive Development examines how cognitive abilities, such as memory, problem-solving, and critical thinking, evolve over time. It also explores the concept of intelligence and factors that influence cognitive development.

4. Social development

According to Erikson, there are psycho-social crises (trust vs. mistrust; autonomy vs. shame and doubt; initiative vs. guilt, industry vs. inferiority, identity vs. role confusion; intimacy vs. isolation; generativity vs. stagnation; integrity vs. despair) and the individual is challenged to achieve a psychosocial task. ((PDF) Psychosocial Stages of Development. Available from: [https://www.researchgate.net/publication/358914229_Psychosocial Stages of Development](https://www.researchgate.net/publication/358914229_Psychosocial_Stages_of_Development) .

Social development focuses on the acquisition of social skills, understanding of social norms and roles, and the development of relationships. Erik Erikson's psychosocial theory outlines eight stages of psychosocial development throughout the lifespan. Each stage presents a specific developmental task or crisis that individuals must

resolve to move successfully to the next stage. (McLeod, S. A. (2020). Erik Erikson. Simply Psychology)

For example, during infancy, the task is to develop a sense of trust versus mistrust, while during adolescence, the task is to develop a sense of identity versus role confusion. Successful resolution of these psychosocial tasks contributes to healthy social development.

The following table outlines Piaget's four stages of cognitive development Trusted Source: **Cognitive Development** Fatima Malik; Raman Marwaha. Last Update: April 23, 2023. <https://www.ncbi.nlm.nih.gov/>

Stage	Age	What happens
sensorimotor stage	0–2 years	Babies start to build an understanding of the world through their senses by touching, grasping, watching, and listening. They also begin to develop a sense of object permanence, which means they understand that objects exist even when they cannot see them.
preoperational stage	2–7 years	Children develop language and abstract thought. This means they can think about concepts and ideas that

		are not physical. They also begin symbolic play (“playing pretend”), drawing pictures, and talking about things that happened in the past.
concrete operational stage	7–11 years	Children learn logical, concrete (physical) rules about objects, such as height, weight, and volume. They also learn that an object’s properties stay the same, even if the appearance changes (e.g., modeling clay).
formal operational stage	12+ years	Adolescents learn logical rules to understand abstract concepts and solve problems. For example, they may understand the concept of justice.



Skinner (1948) studied operant conditioning by conducting experiments using animals which he placed in a “*Skinner Box*” which was similar to Thorndike’s puzzle box.



Source: Skinner Box: What Is An Operant Conditioning Chamber?

By Charlotte Nickerson Updated on April 20, 2023

A Skinner box, also known as an operant conditioning chamber, is a device used to objectively record an animal's behavior in a compressed time frame. An animal can be rewarded or punished for engaging in certain behaviors, such as lever pressing (for rats) or key pecking (for pigeons).

5. Classical Conditioning Examples

Pavlov's Dogs : The most famous example of classical conditioning was Ivan Pavlov's experiment with dogs, who salivated in response to a bell tone. Pavlov showed that when a bell was sounded each time the dog was fed, the dog learned to associate the sound with the presentation of the food.



He first presented the dogs with the sound of a bell; they did not salivate so this was a neutral stimulus. Then he presented them with food, they salivated. The food was an

unconditioned stimulus and salivation was an unconditioned (innate) response. He then repeatedly presented the dogs with the sound of the bell first and then the food (pairing) after a few repetitions the dogs salivated when they heard the sound of the bell. The bell had become the conditioned stimulus and salivation had become the conditioned response.

Source: *Classical Conditioning: How It Works With Examples* By Saul Mcleod, PhD Updated on June 4, 2023 Reviewed by Olivia Guy Evans

Activities

Activity One: Answer as indicated-

Q1:The view that development is a cumulative process, gradually adding to the same type of skills is known as .

- A. nature B. nurture
C. continuous development
D. Discontinuous development

Q2: Developmental psychologists study human growth and development across three domains. Cross the odd man out.

- A. cognitive
B. psychological
C. physical
D. psychosocial

Q3: How is lifespan development defined? select one

A. The study of how we grow and change from conception to death.

B. The study of how we grow and change in infancy and childhood.

C. The study of physical, cognitive, and psychosocial growth in children.

D. The study of emotions, personality, and social relationships.

Critical Thinking Questions

Q4: Describe the nature versus nurture controversy, and give an example of a trait and how it might be influenced by each?

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Q5: Compare and contrast continuous and discontinuous development.

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Q6: Why should developmental milestones only be used as a general guideline for normal child development?

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Activity Two: Answer the questions below

Q1: Which theorist proposed that moral thinking proceeds through a series of stages?

A. Sigmund Freud

B. Erik Erikson

C. John Watson

D. Lawrence Kohlberg

Q2: According to Erikson's theory of psychosocial development, what is the main task of the adolescent?

A. developing autonomy

B. feeling competent

C. forming an identity

D. forming intimate relationships

Q3: What is the difference between assimilation and accommodation? Provide examples of each

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Q4: What is egocentrism? Provide an original example.

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Activity Three: Answer by True or False

1. A child's environment plays an immense role in their cognitive development, and stability is paramount.

True False

3. Sleep is critical for cognitive development

True False

4. Nutrition is crucial for developing brains, and nutrients such as iodine, iron, folate, zinc, vitamin B12, and omega-3

True False

Chapter Three:
III. Theories of Learning

1. **Classical conditioning**
2. **Operant conditioning**
3. **Social learning theory**
4. **Cognitive learning theory**
5. **Functionalism**
6. **structuralism**
7. **constructivism,**
8. **humanistic psychology**
9. **Gestalt psychology**
10. **information processing.**

III. Theories of Learning

1. Classical Conditioning

Classical conditioning is a theory of learning developed by Ivan Pavlov. It suggests that learning occurs through the association of stimuli. In classical conditioning, a neutral stimulus is paired with an unconditioned stimulus that naturally elicits a response. Over time, the neutral stimulus becomes a conditioned stimulus, eliciting a conditioned response. For example, Pavlov's famous experiment involved pairing a bell (neutral stimulus) with the presentation of food (unconditioned stimulus), which caused the dogs to salivate (unconditioned response).

Eventually, the bell alone could elicit salivation (conditioned response) even without the presence of food. "Classical conditioning refers to the process of learning by which a neutral stimulus becomes associated with a meaningful stimulus and acquires the capacity to elicit a similar response." (Domjan, 2018)

2. Operant conditioning

Operant conditioning, proposed by B.F. Skinner, focuses on the consequences of behavior. According to this theory, behaviors that are reinforced tend to be repeated, while behaviors that are punished or not reinforced are less likely to occur in the future.

Skinner introduced the concept of reinforcement, which involves providing rewards or punishments to shape behavior. Positive reinforcement involves adding a desirable stimulus, while negative reinforcement involves removing an aversive stimulus. Punishment involves adding an aversive stimulus, and extinction refers to the gradual disappearance of a behavior when it is no longer

reinforced. "Operant conditioning is a type of learning in which behavior is strengthened or weakened by the consequences that follow it." (Ormrod, 2018)

3. Social learning theory

Social learning theory, proposed by Albert Bandura, emphasizes the role of observation and modeling in learning. According to this theory, individuals learn by observing the behaviors, attitudes, and consequences experienced by others. According to Bandura, imitation involves the actual reproduction of observed motor activities. (Bandura 1977). This theory has often been called a bridge between behaviorist learning theories and cognitive learning theories because it encompasses attention, memory, and motivation. (Muro & Jeffrey 2008).

Bandura's concept of observational learning suggests that people can acquire new behaviors through vicarious reinforcement or punishment. They observe the behavior of others and the consequences that follow, and then adjust their own behavior accordingly. "Learning would be exceedingly laborious, not to mention hazardous, if people had to rely solely on the effects of their own actions to inform them what to do." (Bandura, 1977).

Behaviorists say that learning has to be represented by a permanent change in behavior; while in contrast social learning theorists say that because people can learn through observation alone, their learning may not necessarily be shown in their performance. (Bandura, 1965)

4. Cognitive learning theory

According to Mergel (1998). Cognitive learning theory focuses on the role of mental processes in learning, including attention, memory, thinking, and problem-solving. This theory, influenced by the work of Jean Piaget,

suggests that individuals actively construct knowledge and understanding through their cognitive processes.

Cognitive learning theory emphasizes the importance of internal mental representations and schemas in organizing and interpreting information. It suggests that learners engage in processes such as attention, encoding, retrieval, and application of knowledge to make sense of the world and acquire new information. "Learning is not the product of teaching. Learning is the product of the activity of learners." (Bruner, 1996). Cognitivism involves the study of mental processes such as sensation, perception, attention, encoding, and memory that behaviorists were reluctant to study because cognition occurs inside the "black box" of the brain (Jordan, Carlite & Stack, 2008:36)

Activities

Activity One: Answer the questions as indicated

1. According to structuralists, how is the structure of the mind created?

a. Through the accumulation of all your life experiences

b. Through the conflict between the conscious and unconscious mind

c. Through trial and error

d. Through the function of the mental states

2. Schunk (1991) lists five definitive questions that serve to distinguish each learning theory from the others:

1. How does learning occur?

2. Which factors influence learning?

3. What is the role of memory?

4. How does transfer occur? and What basic assumptions/principles of this theory are relevant to instructional design? and How should instruction be structured to facilitate learning?

5. What types of learning are best explained by the theory?

6. What is structuralism?

7. What is functionalism?

8. Who were influential figures in structuralism and functionalism?

9. What contributions have structuralism and functionalism had to the field of psychology?

10. Who founded humanistic psychology?

11. What Is the Humanistic Psychology Approach?

Who is Carl Rogers?

12. What do you know about his work?

Activity Two-Discussion: Work in pairs and think about the following:

1. Describe self-actualization and the behaviours which lead to it.

2. What are the characteristics of self – actualizers?

3. What behaviours lead to self-actualization?

4. What do you know about the applications of Maslow to education?

5. How do Maslow's ideas differ from those of the behaviourists?

6. List some of the criticisms to Maslow's theory

7. State some of the strengths of Maslow's theory.

8. Discuss Maslow's contribution to humanistic psychology.

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Activity Three: Select the right answer

Psychologists who study personality investigate

- _____.
- a. the enduring patterns of thinking, feeling, and behaving of individuals
 - b. relatively permanent changes in behavior due to experience
 - c. the organization of sensation into a meaningful interpretation
 - d. the pleasantness or sociability of an individual

Activity Four: On the Gestalt Theory:

a)-Fill in the gaps

Gestalt is a German word that roughly means("configuration") or the way things are put(together) to form a(whole) object.

b) Answer the questions

- Why is Gestalt psychology important?
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- What do you know about the concept of Gestalt to child psychology in Koffka?
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- What are Some of the most important principles of Gestalt theory?

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- Who founded Gestalt psychology?

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Chapter Four

IV. Motivation and Learning

- Theories of motivation
- Intrinsic vs. extrinsic motivation
- Self-determination theory

IV. Motivation and Learning

Theories of motivation

Motivation refers to the driving force behind our actions, desires, and goals. Several theories have been proposed to explain what motivates individuals. Here are some prominent theories of motivation:

1. Maslow's Hierarchy of Needs:

Abraham Maslow's theory suggests that individuals are motivated by a hierarchy of needs, ranging from basic physiological needs (like food, water, and shelter) to higher-level needs such as social belonging, self-esteem, and self-actualization. According to this theory, individuals strive to fulfill their basic needs before moving on to higher-order needs.

2. Herzberg's Two-Factor Theory:

Frederick Herzberg proposed a two-factor theory of motivation, which differentiates between hygiene factors and motivators. Hygiene factors, such as salary, job security, and working conditions, are considered to be external factors that can lead to job dissatisfaction if not met. Motivators, on the other hand, are intrinsic factors like recognition, responsibility, and personal growth, which can contribute to job satisfaction and motivation.

3. Expectancy Theory:

The expectancy theory, proposed by Victor Vroom, suggests that individuals are motivated by their expectations of the outcomes of their actions. It states that motivation is determined by three factors: expectancy (belief that effort will lead to performance), instrumentality (belief that performance will lead to desired outcomes), and valence (value attached to those outcomes). According to this theory, people are motivated when they believe their

efforts will lead to desired outcomes and those outcomes are personally valuable to them.

2. Types of Motivation

Intrinsic motivation and extrinsic motivation are two distinct types of motivation.

2.1. Intrinsic Motivation:

Intrinsic motivation refers to engaging in an activity for its inherent enjoyment or satisfaction. People intrinsically motivated are driven by internal factors, such as personal interest, curiosity, or the desire to develop skills. They derive pleasure and a sense of accomplishment from the activity itself, rather than relying on external rewards or incentives.

2.2. Extrinsic Motivation:

Extrinsic motivation, on the other hand, involves engaging in an activity to obtain external rewards or avoid punishment. It stems from external factors such as money, grades, praise, or recognition. Extrinsic motivation can be effective in driving behavior, especially in situations where intrinsic motivation might be lacking, but it may not foster long-term engagement or genuine interest in the activity.

2.3. Self-Determination Theory:

Self-determination theory (SDT) is a psychological theory of motivation developed by Edward Deci and Richard Ryan. It focuses on the role of intrinsic motivation and the satisfaction of basic psychological needs in promoting optimal functioning and well-being. According to SDT, humans have three basic psychological needs:

1. Autonomy:

The need to have a sense of choice, control, and volition in one's actions. Autonomy involves feeling that one's behavior is self-endorsed and aligned with personal values and interests.

2. Competence:

The need to feel capable and effective in one's actions and to experience growth, mastery, and success. Competence involves engaging in activities that challenge and stretch an individual's skills.

3. Relatedness:

The need to feel connected to others, experience a sense of belonging, and establish meaningful relationships. Relatedness involves feeling cared for, understood, and supported by others.

Self-determination theory posits that when these needs are satisfied, individuals are more likely to experience intrinsic motivation, engagement, and well-being. In contrast, the frustration of these needs can lead to reduced motivation, dissatisfaction, and negative outcomes.

SDT emphasizes the importance of supporting intrinsic motivation and fostering an environment that promotes autonomy, competence, and relatedness to enhance individuals' motivation and overall functioning.

Activities

Activity One: Select the correct answer:

1. Which of the following is NOT a need as identified by Maslow?

- Esteem

- Social
- Hygiene
- Self-actualization

2. Which of the following is a motivational factor, according to Herzberg's two-factor theory?

- Good wage or salary
- Good relationships with co-workers and boss
- Recognition
- Working condition: safe working environment

Activity Two: Answer by True or False

1. In intrinsically motivated behaviour, the source of motivation is in the consequences of the behavior, and not in the behavior itself.

True False

2. Behavior that is performed in order to acquire either a material or a social reward or to avoid punishment is called intrinsically motivated behavior.

True .False

3. Behaviors that are performed "for their own sake" are known as extrinsically motivated.

True False

4. A person cannot be both prosocial and extrinsically motivated.

True False

5. In Herzberg's theory, needs that are related to the physical and psychological context in which the work is performed are known as motivator needs.

True False

6. In Herzberg's theory, needs that are related to the nature of the work itself and whether or not it is challenging are known as hygiene needs.

True False

7. The extent to which a person has a strong desire to control or influence others is called "need for achievement".

True False

8. The most motivating goals are those that are hard, but not impossible, to attain.

True False

9. According to operant conditioning theory, all behavior is determined by its consequences.

True False

10. Negative reinforcement can create a very unpleasant work environment.

True False

11. Negative reinforcement is primarily used to remove the performance of functional behaviors within the organization.

True False

12. Social learning theory postulates that motivation can also occur from an employee's beliefs.

True False

13. Maslow believed people could progress to the next need without having the lower need satisfied

True False

14. The first need that must be satisfied is to provide a safe workplace

True False

15. Having an increase in wages is the main source of motivation for all employees

True False

Activity Three: Essay Questions

1. Abraham Maslow developed a needs hierarchy model of motivation. Discuss the different needs in this model and give one specific example of each of these that applies to you.

2. Explain equity theory. What does equity theory suggest people do when they feel they are not being treated fairly?

3. Operant conditioning theory presents four major techniques that managers can use to influence the behavior of subordinates. Discuss each of these techniques and give a specific example of how a college professor could use each of these techniques in attempting to change a student's behaviour.

4. Define motivation. What are the sources of motivation? What are the types of motivation? Explain in depth using examples

Activity Four: Answer the following Questions:

1. What are the three requisites learner needs of Self-determination Theory?

2. Why is self-determination so important? ..

3. Is self-determined behavior always 'successful' behavior? ...

4. What are the primary assumptions of self-determination? ...

5. What techniques are used in self-determination interventions? ...

6. Are self-determination and self-efficacy the same?

7. Which motivation theories do you think is most effective why?

8. Which theory improves motivation?

9. What methods of motivation are more effective than others?

10. What is the most powerful form of motivation?

11. What is the purpose of motivational theories?

12. The term "intrinsic" is associated with which motivation theory?

Discussion

1. Discuss motivation and how it relates to psychology

2. Define self-determination theory

3. Differentiate between extrinsic and intrinsic motivation in terms of influence

4. Recall the assumptions on self-determination theory

Identify the three basic psychological needs

5. Describe the five types of self-determined behavior

6. Distinguish between intrinsic and extrinsic motivation in terms of importance to learners

7. Explain what is meant by the term ‘intrinsic motivation’.

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8. Outline two types of extrinsic reward system that could be used to motivate workers.

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9. Outline two cognitive theories of motivation, other than equity theory (Adams, 1963)

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9. Explain what motivation is and why managers need to be concerned about it?

10. Explain how goals and needs motivate people and what kinds of goals are especially likely to result in high performance

Chapter Five:
V. Teaching and Learning

1. Principles of learning
2. Instructional design
3. Differentiated instruction
4. Assessment and evaluation

V. Teaching and Learning

1. Principles of Learning:

1. Active Engagement: "Learning is an active process. We learn by doing, engaging with the material, and applying our knowledge." (Bonwell & Eison, 1991) Active engagement involves encouraging students to participate, discuss, and interact with the content, fostering deeper understanding and retention.

2. Meaningful Learning: "Learning is most effective when it is meaningful and connected to prior knowledge and experiences." (Ausubel, 1963) Students construct knowledge by relating new information to what they already know, making connections and finding relevance in the material.

3. Feedback and Reflection: "Timely and constructive feedback supports learning and helps students reflect on their progress and adjust their strategies." (Hattie & Timperley, 2007) Feedback provides information on strengths and areas for improvement, allowing students to make adjustments and refine their learning approaches.

2. Instructional Design:

Instructional design involves planning and creating effective learning experiences. Here are some key elements:

1. Clear Objectives: "Instructional design starts with clear learning objectives that define what students should know, understand, and be able to do." (Mager, 1997) Clearly defined objectives provide focus and guide the design of learning activities.

2. Active Learning Strategies: "Instructional design incorporates a variety of active learning strategies that engage students and promote deep understanding." (Bonwell & Eison, 1991) Active learning strategies include

discussions, group work, problem-solving, and hands-on activities.

3. Multimedia and Technology: "Effective instructional design integrates multimedia and technology tools to enhance learning experiences." (Mayer, 2009) The strategic use of multimedia, such as videos, animations, and interactive simulations, can facilitate comprehension and engagement.

3. Differentiated Instruction:

Differentiated instruction acknowledges that students have diverse learning needs and styles. It involves adapting teaching methods and content to accommodate these differences. Here are key principles:

1. Multiple Learning Pathways:

"Differentiated instruction provides multiple pathways for students to access and make sense of the content." (Tomlinson, 2001) Teachers offer various instructional strategies, resources, and materials to address different learning preferences and abilities.

2. Flexible Grouping:

"Differentiated instruction involves flexible grouping, where students are grouped and regrouped based on their specific needs and interests." (Tomlinson, 2001) Grouping strategies may include whole-class, small-group, or individual instruction to meet diverse learning requirements.

3. Varied Assessments:

"Differentiated instruction employs varied assessments that accommodate students' unique strengths and preferences." (Tomlinson, 2001) Teachers use a range of assessment methods, such as projects, presentations, and

portfolios, to allow students to demonstrate their understanding in different ways.

4. Assessment and Evaluation:

Assessment and evaluation are essential components of the teaching and learning process. Here are key considerations:

1. Formative Assessment:

Formative assessment is an ongoing process that provides feedback to both students and

Formative assessment is an ongoing process that provides feedback to both students and teachers to inform instruction." (Black & William, 1998) Formative assessments occur during learning, helping identify strengths, weaknesses, and areas needing improvement.

2. Authentic Assessment:

"Authentic assessment tasks mirror real-world contexts and require students to apply their knowledge and skills to solve meaningful problems." (Wiggins, 1993) Authentic assessments assess students' abilities to transfer their learning to authentic situations, promoting deeper understanding.

3. Multiple Measures:

"Evaluation should consider multiple measures, including formative and summative assessments, to provide a comprehensive view of students' progress." (Stiggins, 2001) Using a combination of assessments, such as tests, projects, and observations, ensures a more accurate and holistic evaluation of students' learning.

Activities

Activity One: Comment on the following

1. Learning is an experience which occurs inside the learner and is activated by the learner

Learning is the discovery of the personal meaning and relevance of ideas

Learning (behavioural change) is the consequence of experience

2. Learning is cooperative and collaborative process. Cooperation fosters learning.

3. Learning is an evolutionary process

4. Learning is sometimes painful process

5. One of the richest resources for learning is the learner himself

Activity two: Answer the following Questions:

1. What are Gagné 's Nine Events of Instruction?

2. What are the 3 major components of instructional design?

3. How do you practice instructional design?

4. What are the Principles Of Instructional Design?

5. What is the main goal of instructional design?

6. What is an example of good instructional design could provide?

7. What are the 4 types of differentiated instruction?

8. What Is Differentiated Instruction?

9. What is the differentiation theory of child development?

10. How do you differentiate in the classroom?

11. What are the 4 types of assessment?

12. How to Assess Students' Learning and Performance

13. How do you assess student learning during a lesson?

14. What are the 5 methods of assessment?

15. What are the 3 methods of evaluation?

16. Why do we assess students?

17. How can the teacher assess the lesson?

18. Why do students need assessment tools?

19. What is an effective assessment?

20. How do you start an assessment?

21. What is the difference between assessment and evaluation?

22. What is formative assessment test?

23. What comes first evaluation or assessment?
Elaborate on this

24. Which is better assessment or evaluation? Why?

25. What is the difference between a formative and summative assessment?

26. What questions are asked in a formative assessment?

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27. Is homework formative or summative? Justify your answer

28. What is the best formative assessment for you? Justify

29. What type of test is formative?

Chapter Six

VI. Classroom Management

1. Classroom management theories
2. Strategies for creating a positive classroom environment
3. Behavior modification techniques

VI. Classroom Management

Introduction

“Management stands for a set of activities (including planning, deciding, organizing, leading and controlling) that focus on the use of resources (human, financial, informational) for the achievement of goals in an efficient and effective way” (Gocevski, T. 2010: 5). The right kind of management allows for a rational use of time and resources, for activities that complement teaching subjects, and for efficiency in reaching the set goals. (Trajkov. B. 2007: 1-6).

1. Classroom Management Theories:

1.1. The Assertive Discipline Model:

"Assertive discipline emphasizes clear rules, expectations, and consistent consequences to promote order and discipline in the classroom." (Canter, 1976) This model focuses on establishing a structured and controlled learning environment. Assertive Discipline is a philosophy of classroom management that sets specific strategies to help teachers deal constructively with student misbehavior while maintaining a positive and productive learning environment (Canter, 2001).

According to Canter (1978), teachers who are trained in Assertive Classroom Discipline will see an 80 percent reduction in classroom disruption, will send fewer students to the principal's office, and will have a calm, positive classroom climate that will be conducive to teaching and learning. Also, the teacher will have more success in dealing with parents of students who struggle with social skills (Hill, 1990).

"A good teacher should be able to handle all social skills on her own and within the confines the classroom" (Canter, 1979, p. 6). The Assertive Discipline approach evolves from behavior modification theory. When you help a student reason his/her way towards better behavior now, you are giving the student a valuable tool for a similar situation in the future (Carlson, 2003) Furthermore, the teachers in the Assertive Discipline classroom use some form of penalty, such as reprimands, demerit points, or time out to reduce undesirable behavior (Martin & Pear, 1992; Carey, 2007)..

The approach was developed by Canter and Canter (1976) with a program in which the teacher assumes the responsibility for management of students' behavior. However, research of the effectiveness of this approach has provided inconclusive findings and has been called unsophisticated (Behnshoff, Poidevant, & Cashwell, 1994; Carey, 2007).

The teacher should also become skillful at using the "positive repetitions technique" which is a way of repeating rules, so that students understand what they need to do. "Proximity control" is also a necessary skill (Canter & Canter, 2001). This technique is initiated when the teacher makes a move toward the student that is misbehaving. An example of this is inviting the student to conference with the teacher (Canter & Canter, 2001).

1.2.The Democratic Classroom Model:

"The democratic classroom model promotes student participation, collaboration, and decision-making to foster a sense of ownership and responsibility for their learning and behavior." (Kohn, 1996) This approach values student autonomy and shared decision-making in the classroom.

The democratic approach developed by Dreikurs is based on basic needs of students, such as be-longing and loyalty (cited in Ayers & Gray, 1998). The aim is to change the false targets of the students and to canalize them into the true path by setting up a democratic classroom (Ayers & Gray, 1998). Improving self-discipline and self-motivation is the primary target in democratic class management. This approach enriches freedom experiences of the students and gives them responsibilities for their behaviors. It also improves the interaction between teachers and students (Çelik, 2002)

2.Strategies for Creating a Positive Classroom Environment:

2.1.Building Positive Relationships:

"Cultivating positive relationships with students creates a supportive classroom environment and enhances engagement and motivation." (Marzano, 2003) Teachers can establish rapport, show genuine care, and respect the individuality of each student. 'When people feel positive about a learning situation, chemicals called endorphins and dopamine become active. This helps students remain attentive, interactive and likely to remember what he or she experiences.' (Sousa 2009).

2.2.Clear Expectations and Routines:

1. "Clearly communicating expectations and establishing routines help create a structured and predictable classroom environment, reducing conflicts and promoting learning." (Brophy, 2006) Setting clear guidelines and consistently reinforcing them fosters a sense of security and stability.

3.Behaviour Modification Techniques:

3.1.Positive Reinforcement:

"Positive reinforcement involves rewarding desired behaviors to strengthen and increase their occurrence." (Skinner, 1953) Providing praise, rewards, or privileges for positive behaviors motivates students to continue exhibiting those behaviors.

3.2.Token Economy: "A token economy system uses tokens or points as a form of currency that students can exchange for rewards, promoting positive behavior and motivation." (Kazdin, 1977) This technique involves providing tokens for desirable behaviors, which can later be exchanged for predetermined rewards.

Effective classroom management techniques are essential for maintaining a positive and productive learning environment. Educational psychology provides strategies for handling student behavior, promoting discipline, and fostering a supportive atmosphere.

Activities

Activity One: Answer statements below:

1. Define classroom management

2. Determine the main issue with ineffectual teaching, according to Wong

3. Identify two main components to Wong's management plan for effective teaching in the classroom

Answer the following Questions:

1. How do you manage classroom structure and activities?

2. What theory is most commonly used in the classroom to assist in classroom management?

3. How do you manage classroom behavior?

4. How can learning theories be used in the classroom?

5. Why do teachers use classroom management?

6. How do you control disruptive behavior in the classroom?

7. How do you deal with rude behavior in the classroom?

8. What is the most important part of classroom management?

9. How does classroom management affects teachers?

10. How to Help a Teacher with Poor Classroom Management?

11. How do you deal with dominant students in class?

12. How do you control aggressive students?

13. How do you deal with annoying students?

Strategies for creating a positive classroom environment

Questions and Activities

1. What does a positive classroom environment mean to you?

2. Why is it important to establish a positive classroom environment?

3. What are some specific strategies or techniques you can use to create a positive classroom environment?

4.How can a positive classroom environment impact student learning and achievement?

5.How can you promote inclusivity and diversity in your classroom to foster a positive environment?

6.How do you handle and prevent conflicts or disruptive behavior in your classroom?

7.How can you involve students in creating and maintaining a positive classroom environment?

8.How can you build strong relationships with your students to enhance the classroom environment?

9. What role does effective communication play in creating a positive classroom environment?

10. How can you assess and evaluate the effectiveness of your strategies for creating a positive classroom environment?

11. What are some strategies that can help you build a positive classroom environment?

12. How can you establish classroom environment which stimulates positive learning and engage learners in the learning process?

13. How do you manage classroom effectively and positively?

14. What are five effective teaching strategies that teachers use?

On Behaviour modification techniques

1. What is behaviour modification, and how does it differ from other approaches to managing behavior?

2. What are the key principles of behavior modification?

3. How can positive reinforcement be used as a behavior modification technique?

4. What are some examples of effective positive reinforcement strategies that can be used in the classroom?

5. How does negative reinforcement differ from punishment as behavior modification techniques?

6. What are the potential drawbacks or limitations of using punishment as a behavior modification technique?

7. How can the concept of shaping be applied in behavior modification?

8. What is the role of modeling in behavior modification, and how can it be effectively used?

9. How can behavior contracts or behavior charts be utilized to modify behavior?

10. What are some strategies for implementing behavior modification techniques consistently and effectively?

Chapter Seven

VII. Special Education

- 1. Laws and regulations**
- 2. Types of special needs**
- 3. Inclusive education**
- 4. National Legislation**

VII. Special Education

1. Laws and regulations:

Special education is governed by various laws and regulations that ensure equal educational opportunities for students with disabilities. In the United States, the Individuals with Disabilities Education Act (IDEA) is the primary federal law that guarantees special education services to eligible students. It mandates that public schools provide a free and appropriate public education (FAPE) to students with disabilities. IDEA outlines the rights of students and their parents, establishes the process for identifying and evaluating disabilities, and outlines the requirements for creating and implementing individualized education programs (IEPs).

Other countries have their own laws and regulations governing special education. For example, in the United Kingdom, the Education Act of 1996 sets out the framework for special educational needs (SEN) provision. Similarly, countries such as Canada, Australia, and many others have their own legislation to support students with disabilities.

2. Types of special needs:

Special needs encompass a wide range of disabilities and challenges that can affect a student's ability to learn and participate in the educational environment. Some common types of special needs include:

a. Learning disabilities: These include conditions such as dyslexia (difficulty with reading), dyscalculia (difficulty with math), and dysgraphia (difficulty with writing).

b. Autism spectrum disorders (ASD): ASD encompasses a range of neurodevelopmental disorders that affect social interaction, communication, and behavior.

c. Intellectual disabilities: This refers to significantly below-average intellectual functioning and limitations in adaptive skills.

d. Attention-deficit/hyperactivity disorder (ADHD): ADHD is characterized by difficulties with attention, hyperactivity, and impulse control.

e. Sensory impairments: These include visual impairments, hearing impairments, and other sensory processing disorders.

f. Physical disabilities: Physical disabilities can include conditions such as cerebral palsy, muscular dystrophy, or mobility impairments.

3. Inclusive education:

Inclusive education is an approach that aims to provide equal educational opportunities for all students, regardless of their abilities or disabilities. It promotes the integration of students with special needs into regular classrooms and the broader school community.

Inclusive education focuses on creating supportive environments where students with disabilities can participate fully in academic, social, and extracurricular activities alongside their peers without disabilities. It emphasizes individualized instruction, accommodations, and modifications to meet the diverse learning needs of all students.

In an inclusive education setting, students with disabilities may receive additional support from special education teachers, aides, or related service providers. The goal is to ensure that students with special needs receive the necessary support and resources to succeed academically and develop social skills within a general education setting.

It's important to note that the implementation of inclusive education can vary depending on the educational system, cultural context, and available resources in different countries or regions. While there are no specific universally applicable laws and regulations that govern special education across all countries, there are international agreements and conventions that promote and protect the rights of individuals with disabilities. These agreements serve as guiding principles for countries to develop their own legislation and policies. Here are a few examples:

1. United Nations Convention on the Rights of Persons with Disabilities (UNCRPD): The UNCRPD is an international treaty that outlines the rights of persons with disabilities and promotes their full participation in all aspects of society, including education. It emphasizes non-discrimination, accessibility, and inclusive education. As of 2021, 182 countries have ratified the convention, making it a widely recognized framework for disability rights.

2. Universal Declaration of Human Rights (UDHR): While not specifically focused on disabilities, the UDHR is a fundamental document that affirms the inherent dignity and equality of all individuals. It serves as a basis for human rights laws globally, including those related to disabilities and education.

3. Sustainable Development Goals (SDGs): The SDGs, adopted by the United Nations in 2015, include Goal 4, which aims to ensure inclusive and equitable quality education for all. This goal emphasizes the need to eliminate disparities in education, including those faced by individuals with disabilities.

4. National Legislation: Each country has its own set of laws and regulations that govern special education within its jurisdiction. These laws vary significantly across countries and can be influenced by cultural, social, and economic factors. For example, in the United States, the Individuals with Disabilities Education Act (IDEA) ensures the provision of special education services, while countries like the United Kingdom have the Education Act that addresses special educational needs.

It is essential for countries to develop and enforce their own laws and regulations that align with international conventions and promote the rights and inclusion of individuals with disabilities. While the specific legal frameworks may differ, the principles of non-discrimination, accessibility, and inclusive education are universally valued and emphasized in various international agreements and guidelines.

Activities

Activity One: Answer the following questions

1. What is the purpose of special education laws and regulations?

2. What is the Individuals with Disabilities Education Act (IDEA), and what are its key provisions?

3. How does IDEA define a student with a disability?

4. What are the key components of an Individualized Education Program (IEP) under IDEA?

5. What are the rights and protections afforded to parents and students under IDEA?

6. What is the difference between an accommodation and a modification in special education?

7. How are students with disabilities included in general education classrooms under the principle of Least Restrictive Environment (LRE)?

8. How can schools ensure compliance with special education laws and regulations?

9. These questions can help deepen your understanding of the laws and regulations governing special education. It is important to consult official sources and seek legal advice when dealing with specific situations or inquiries regarding special education laws in your region.

On Types of Special Needs

1. What is the definition of special needs in the context of education?

2. What are some common types of learning disabilities?

7. How do sensory processing disorders impact a student's ability to engage in the learning environment?

8. What are intellectual disabilities, and how do they affect students' cognitive abilities?

9. What is emotional or behavioral disorder, and what are some common signs and symptoms?

10. How can schools support students with multiple or complex special needs?

On Inclusive Education

1. What is inclusive education, and why is it important?

2. What are the benefits of inclusive education for students with disabilities and their typically developing peers?

3. What are some key principles and components of an inclusive classroom?

4. How can teachers adapt their instruction and assessment methods to meet the diverse needs of students in an inclusive classroom?

5. What are some strategies for fostering a positive and inclusive classroom environment?

6. How can collaboration and partnership with families and other professionals support inclusive education?

7. What are some challenges and barriers to implementing inclusive education, and how can they be addressed?

8. How can assistive technology and other supportive tools be used to enhance inclusive education?

9. What are some examples of inclusive teaching practices and differentiated instruction strategies?

10. How can schools and educators advocate for and promote inclusive education at a systemic level?

Chapter Eight

VIII. Technology and Learning

1. Advantages and disadvantages of technology in education
2. The impact of technology on learning
3. Integrating technology into the classroom

VIII. Technology and Learning

Introduction

Technology has revolutionized the way we live, work, and learn. In the realm of education, technology has made a significant impact on learning, transforming traditional classrooms into dynamic and interactive learning environments. The integration of technology in education has brought forth numerous advantages and has reshaped the educational landscape.

One of the key benefits of technology in learning is enhanced engagement and motivation. With the use of multimedia tools, interactive software, and gamification techniques, students are more actively involved in the learning process. Technology offers a wide range of resources, such as educational videos, simulations, and virtual reality experiences, which make learning more immersive and captivating.

Additionally, technology allows for personalized and differentiated instruction. Adaptive learning platforms and intelligent tutoring systems can tailor content and pace to meet individual student needs, ensuring that each student receives a personalized learning experience. This promotes self-paced learning and helps students progress at their own speed.

The internet has also revolutionized access to information. With a few clicks, students can access vast amounts of knowledge, research papers, and educational resources. This easy access to information promotes independent learning, critical thinking, and information literacy skills. Moreover, technology enables collaborative learning experiences, where students can work together on

projects, participate in online discussions, and engage in peer feedback.

However, the impact of technology on learning is not without its challenges. The overreliance on technology can lead to distractions and hinder student focus. Social media, messaging apps, and online games can divert students' attention away from the intended learning tasks. Therefore, it is essential for educators to strike a balance and teach students to use technology responsibly.

Furthermore, the digital divide poses a significant challenge. Students from disadvantaged backgrounds may not have access to the necessary devices and reliable internet connections, creating inequalities in access to educational resources. Bridging the digital divide and ensuring equitable access to technology is a crucial aspect of leveraging its impact on learning.

In conclusion, technology has had a profound impact on learning. It has increased student engagement, facilitated personalized instruction, expanded access to information, and promoted collaboration. However, careful implementation, responsible use, and efforts to bridge the digital divide are essential to fully harness the benefits of technology in education.

1. Advantages and disadvantages of technology in education

1.1. Advantages: Among the advantages, we may list

a. Enhances engagement:

Technology can make learning more interactive and engaging through multimedia resources, educational games, and simulations, capturing students' attention and fostering active participation.

b. Access to information:

The internet provides vast resources and information that can be easily accessed by students and teachers, enabling independent research and exploration.

c. Personalized learning:

Technology allows for adaptive learning experiences, catering to individual needs and pacing, providing personalized feedback, and promoting self-directed learning.

e. Collaboration and communication:

Technology tools facilitate communication and collaboration among students, teachers, and peers, enabling seamless sharing of ideas, resources, and collaborative projects.

f. Enhances creativity and critical thinking:

Technology offers tools for multimedia creation, problem-solving activities, and analytical thinking, fostering creativity and critical thinking skills.

1.2. Disadvantages: among the disadvantages, we may list.

a. Technological barriers:

Unequal access to technology, limited internet connectivity, and lack of devices can create a digital divide, exacerbating educational inequalities.

b. Distractions and misuse:

Students may get distracted by non-educational content, social media, or gaming, leading to reduced focus on learning.

c. Overreliance on technology:

Excessive reliance on technology may hinder development in areas like handwriting, social skills, and face-to-face interactions

d. Security and privacy concerns:

Using technology in education requires attention to privacy and security issues to safeguard students' personal information and ensure safe digital environments.

2. The impact of technology on learning:

a. Enhanced engagement and motivation:

Technology can make learning more interactive, relevant, and enjoyable, increasing students' motivation and interest in the subject matter.

b. Improved access to resources:

Technology provides access to a vast range of digital resources, including educational websites, e-books, videos, and online libraries, allowing students to explore and learn beyond traditional textbooks.

c. Individualized learning experiences:

Technology enables adaptive learning platforms, personalized assessments, and data-driven insights that can tailor instruction to meet individual student needs, promoting better learning outcomes.

d. Collaboration and communication:

Technology tools facilitate collaboration, enabling students to work together on projects, share ideas, and receive feedback from peers and teachers, fostering teamwork and communication skills.

e. Global connectivity and cultural awareness:

Technology allows students to connect with peers from different countries, participate in virtual exchange

programs, and gain a broader understanding of global issues and perspectives.

f. Developing digital literacy and skills:

By integrating technology into education, students gain valuable digital literacy skills, including information literacy, digital citizenship, and technical proficiency.

32. Integrating technology into the classroom:

a. Professional development:

Teachers should receive adequate training and professional development to effectively integrate technology into their teaching practices and curriculum.

b. Pedagogical alignment:

Technology should be integrated purposefully, aligning with pedagogical goals and learning objectives. It should enhance teaching and learning rather than being used for its own sake.

c. Access and infrastructure:

Schools should ensure equitable access to devices, internet connectivity, and necessary infrastructure to support technology integration.

d. Software and tools:

Selection of appropriate educational software, applications, and digital tools that align with instructional goals and meet students' needs is crucial.

e. Blended learning:

Combining traditional face-to-face instruction with online learning experiences can provide a balanced approach that leverages the benefits of both methods.

f. Assessment and feedback:

Technology can streamline assessment processes, provide immediate feedback, and help track student

progress, enabling timely interventions and differentiated instruction.

g. citizenship and responsible use:

Educating students about responsible digital citizenship, online safety, and ethical use of technology is essential.

h. Thoughtful planning:

Before integrating technology, educators should consider the specific learning objectives, curriculum requirements, and students' needs. They should identify the appropriate technologies that align with these factors and create a technology integration plan that outlines how technology will be used to enhance teaching and learning.

i. Ongoing support:

Teachers should receive ongoing support and professional development to build their skills and confidence in using technology effectively. This support can come in the form of workshops, mentoring, collaboration with technology specialists, or online resources. Having a dedicated support system ensures that teachers can address challenges, explore new tools, and continuously improve their instructional practices.

j. Continuous evaluation:

Regular assessment and evaluation are crucial to determine the effectiveness of technology integration. Educators should gather feedback from students, monitor learning outcomes, and assess the impact of technology on teaching practices. This evaluation helps identify areas of improvement, make necessary adjustments, and ensure that technology is enhancing learning rather than being a mere substitute for traditional methods.

k. Collaboration and sharing best practices:

Creating a culture of collaboration among educators is essential for successful technology integration. Teachers can share their experiences, successes, and challenges, allowing for the exchange of ideas and best practices. Collaborative platforms, professional learning communities, or technology-focused workshops can facilitate this sharing of knowledge and experiences.

l. Flexibility and adaptation:

Technology is constantly evolving, so educators should remain flexible and open to exploring new tools and approaches. They should adapt their teaching strategies based on the evolving needs of students and emerging technologies. Being adaptable and willing to experiment helps educators stay current and take advantage of new opportunities that technology offers.

m. Equity and accessibility:

Ensuring equitable access to technology is crucial. Schools should consider providing devices, internet access, and assistive technologies to students who may face barriers due to socioeconomic factors or disabilities. Accessibility features in software and digital resources should be considered to cater to diverse learners' needs.

By incorporating these elements, schools and educators can effectively integrate technology into the classroom, maximizing its potential to enhance teaching and learning experiences. It's important to remember that technology should serve as a tool to support and enrich education, promoting critical thinking, creativity, collaboration, and problem-solving skills among students.

Conclusion

In conclusion, educational psychology offers valuable insights into the learning and teaching processes. By understanding the complexities of human learning, individual differences, and the factors influencing educational outcomes, educational psychologists contribute to the improvement of educational practices, the enhancement of teaching methods, and the overall educational experience of students.

4.Future directions and trends in Educational Psychology research.

4.1.Cognitive and metacognitive processes:

Future research in Educational Psychology is likely to delve deeper into understanding how cognitive processes, such as attention, memory, problem-solving, and decision-making, influence learning outcomes. Additionally, there will be a focus on metacognitive processes, including self-regulation, goal-setting, and reflection, and how they can be enhanced to improve students' learning strategies and academic performance.

4.2.Technology-enhanced learning:

As technology continues to advance, research in Educational Psychology will explore the integration of technology into education and its impact on learning outcomes. This includes investigating the effectiveness of online learning platforms, adaptive learning technologies, virtual and augmented reality, and mobile learning applications. The research will aim to understand how technology can be optimally utilized to engage students, facilitate personalized learning experiences, and provide effective feedback.

4.3.Motivation and engagement:

Understanding student motivation and engagement will remain a prominent focus in Educational Psychology research. Future studies will explore new motivational theories and interventions that promote intrinsic motivation, self-determination, and a growth mindset. Additionally, research will investigate strategies to enhance student engagement, such as gamification, project-based learning, and incorporating real-world contexts into the curriculum.

4.4. Social and emotional learning:

The importance of social and emotional learning (SEL) in education is gaining recognition. Future research will focus on developing effective interventions and strategies to promote social and emotional skills, including empathy, self-awareness, self-management, and relationship-building. This research will examine the impact of SEL on students' academic achievement, well-being, and overall development.

4.5. Individual differences and inclusivity:

Educational Psychology research will continue to explore the impact of individual differences on learning outcomes. This includes investigating the influence of factors such as culture, socioeconomic status, gender, and neurodiversity on educational experiences. Additionally, there will be a focus on inclusive education, exploring strategies to support students with diverse needs and create inclusive learning environments.

4.6.Assessment and feedback:

Future research will emphasize the development and validation of innovative assessment methods that provide a

comprehensive understanding of students' knowledge, skills, and competencies. This includes investigating the use of formative assessment, adaptive testing, and alternative assessment formats to provide timely and meaningful feedback to students, fostering their learning and growth.

4.7.Educational interventions and policy:

Research in Educational Psychology will continue to inform evidence-based interventions and educational policies. This includes evaluating the effectiveness of educational programs, instructional approaches, and policy initiatives aimed at improving educational outcomes. Researchers will work closely with educators and policymakers to bridge the gap between research and practice, ensuring that findings are translated into practical and impactful strategies.

Overall, the future of Educational Psychology research will focus on harnessing emerging technologies, understanding individual differences, promoting motivation and engagement, fostering social-emotional development, and informing evidence-based interventions and policies. By addressing these areas, research in Educational Psychology can contribute to enhancing teaching and learning practices, promoting student success, and shaping the future of education.

Activities

The advantages and disadvantages of technology in education:

Questions on Advantages:

1. What are the potential benefits of integrating technology into the classroom?

2. How can technology enhance student engagement and motivation in learning?

3. In what ways can technology facilitate personalized and differentiated instruction?

4. How does technology provide access to a wealth of information and resources for students and educators?

5. What are the advantages of using technology to facilitate collaboration and communication among students and teachers?

6. How can technology support students with special needs and provide inclusive learning opportunities?

7. What are the potential benefits of online learning platforms and distance education through technology?

8. How can technology help students develop digital literacy and 21st-century skills necessary for their future careers?

9. In what ways can technology improve assessment and feedback processes in education?

10. How does technology enable teachers to track student progress and provide timely interventions?

Questions on Disadvantages:

1. What are some potential challenges or drawbacks of incorporating technology in the classroom?

2. How can technology lead to distractions and detract from student focus and engagement?

3. What are the risks and concerns associated with internet safety and students' online privacy?

4. In what ways can technology contribute to a digital divide, creating inequalities in access to resources and opportunities?

9. What are the potential risks of relying too heavily on automated assessments and feedback without human interaction?

10. How can the rapid pace of technological advancements in education lead to challenges in keeping up with updates, training, and implementation?

11. What are some advantages of integrating technology in learning?

12. How can technology facilitate personalized instruction?

13. What benefits does easy access to information through technology provide for students?

14. What challenges can arise from the overreliance on technology in the classroom

Activity One: Answer the following questions

On Integrating Technology in the Classroom

1. Why is it important to integrate technology into the classroom?

2. What are some examples of technology tools or devices that can be effectively used in the classroom?

3. How can technology enhance student engagement and participation in the learning process?

4. In what ways can technology support differentiated instruction to meet the diverse needs of students?

5. How can technology be used to promote collaboration and communication among students and between students and teachers?

6. What considerations should educators keep in mind when selecting and implementing technology in the classroom?

7. How can technology be effectively integrated into various subjects or content areas?

8. What role can technology play in formative and summative assessment practices?

9. How can educators ensure equitable access to technology for all students?

10. What are some professional development opportunities and resources available for teachers to enhance their skills in integrating technology?

Conclusion

Educational psychology plays a pivotal role in shaping the field of education by shedding light on the complex interplay between students' cognitive, emotional, and social development. This discipline delves into understanding how learners acquire knowledge, develop skills, and interact within educational settings. By applying psychological principles and research findings, educational psychology informs instructional strategies, enhances student learning outcomes, and promotes inclusive and holistic education. Let us explore the key reasons why educational psychology is indispensable in the field of education.

Educational psychology recognizes that every student is unique, with varying abilities, learning styles, and motivations. By understanding these individual differences, educators can tailor their instructional approaches to meet the specific needs of learners. Through educational psychology, teachers can employ strategies such as differentiated instruction, personalized learning, and adaptive technologies to ensure that each student's educational experience is optimized for their optimal growth and development.

Educational psychology provides educators with valuable insights into how students learn and retain information. By understanding cognitive processes, memory, and problem-solving abilities, educators can design instructional strategies that promote deep understanding, critical thinking, and active engagement. Through the application of evidence-based practices, educational psychology enhances the effectiveness of

teaching methods, fostering a supportive and stimulating learning environment.

Maintaining a positive and conducive learning environment is crucial for student success. Educational psychology equips educators with tools and techniques to manage classrooms effectively and address behavioral challenges. By understanding the underlying causes of student behavior, educational psychologists can develop strategies to prevent and address disciplinary issues. This knowledge helps create a safe, inclusive, and respectful environment that promotes students' emotional well-being and maximizes their learning potential.

Educational psychology contributes to the development of valid and reliable assessment tools that measure student learning outcomes accurately. Through the application of psychometric principles, educational psychologists assist in designing assessments that align with educational objectives, provide meaningful feedback, and facilitate the identification of students' strengths and areas for improvement. This enables educators to make data-driven decisions, adapt their teaching methods, and support students' progress effectively.

Inclusive education is a cornerstone of modern educational systems. Educational psychology plays a crucial role in identifying and supporting students with special needs or learning disabilities. By assessing individual learning profiles, designing appropriate interventions, and collaborating with multidisciplinary teams, educational psychologists help create inclusive environments where all students can thrive academically, socially, and emotionally.

As educational systems continue to evolve in response to technological advancements, globalization, and societal changes, educational psychology research is poised to explore new frontiers and address emerging challenges. The following preview highlights some of the future directions and trends that are likely to shape the field of educational psychology research.

The integration of technology in education has already transformed the learning landscape. Future research in educational psychology will delve into the potential of emerging technologies such as virtual reality, artificial intelligence, and adaptive learning systems. Studies will focus on understanding how these technologies can be effectively utilized to enhance student engagement, personalized learning, and the development of essential skills for the 21st century.

Recognizing the importance of social and emotional development in students' overall well-being and academic success, future research in educational psychology will emphasize the integration of social and emotional learning strategies within educational settings. Studies will explore effective interventions and approaches to foster self-regulation, empathy, resilience, and positive interpersonal relationships among students.

In an increasingly diverse world, educational psychology research will emphasize the importance of culturally responsive education. Future studies will focus on understanding the impact of culture, ethnicity, and social context on learning processes and outcomes. Researchers will explore strategies to create inclusive classrooms that value and celebrate diversity, promoting equitable access to

education and improving academic outcomes for all students.

With the growing availability of educational data, researchers in educational psychology will utilize learning analytics and big data techniques to gain insights into student learning patterns, instructional effectiveness, and educational policy formulation. Future research will focus on developing models that integrate various data sources to provide real-time feedback, personalized learning recommendations, and predictive analytics for early intervention.

The emerging field of neuroeducation, which combines neuroscience and educational psychology, will continue to gain prominence. Future research will investigate the neural mechanisms underlying learning processes and explore how educational interventions can optimize brain function and enhance learning outcomes. This interdisciplinary approach holds promise for understanding individual differences in learning and developing effective instructional strategies.

The future of educational psychology research is characterized by the exploration of innovative technologies, the integration of social and emotional learning, the promotion of culturally responsive education, the utilization of learning analytics, and the collaboration with neuroscience. By embracing these future directions and trends, educational psychology research will contribute to the continuous improvement of educational practices, learner outcomes, and the development of well-rounded individuals prepared for the challenges of the future.

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Appendices

Appendix A

Reading For Leisure

1. Title: Understanding Educational Psychology: Nurturing Minds for Future Success

Introduction:

Educational psychology is a field that explores the intersection between psychology and education, focusing on how individuals learn and develop within educational settings. By understanding the principles of educational psychology, educators can create effective learning environments and tailor instructional strategies to meet the diverse needs of students. This short reading text will provide an overview of key concepts in educational psychology, supported by references from reputable sources.

Cognitive Development and Learning Theories:

Piaget's theory of cognitive development emphasizes how children actively construct knowledge through interactions with their environment. Vygotsky's sociocultural theory highlights the role of social interactions and cultural influences on learning.

Motivation and Achievement:

Self-determination theory posits that individuals are motivated by three basic psychological needs: autonomy, competence, and relatedness. Achievement motivation theory explores how individuals strive for success and avoid failure, influenced by factors such as goal orientation and self-efficacy.

Individual Differences and Learning Styles:

Gardner's theory of multiple intelligences suggests that intelligence is not a singular entity but encompasses

various domains such as linguistic, logical-mathematical, and interpersonal intelligences. Learning styles theory explores how individuals prefer to process and organize information, such as visual, auditory, or kinesthetic learning.

Classroom Management and Behavior:

Behaviorism, as proposed by Skinner, emphasizes the role of reinforcement and punishment in shaping behavior. Positive behavior support (PBS) focuses on creating a positive learning environment through proactive strategies, teaching and reinforcing appropriate behaviors, and addressing challenging behaviors effectively.

Conclusion:

Educational psychology offers valuable insights into the learning and development of individuals within educational contexts. By incorporating principles from cognitive development, motivation, individual differences, and behavior management, educators can enhance their teaching practices and promote optimal learning outcomes for their students. These references provide a solid foundation for further exploration and application of educational psychology in the field of education.

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Appendix B

Questions and Answers

1. What is the nature vs. nurture debate in psychology? Can you provide an example of a behavior or trait that might be influenced by nature, and another that might be influenced by nurture?

2. What is cognitive dissonance? How can it impact decision-making and behavior? Can you provide an example?

3. How do psychologists define and measure intelligence? What are some of the limitations of these definitions and measurements?

4. What is the role of memory in shaping our perceptions of the world around us? Can you provide an example of how memory can be unreliable or manipulated?

5. How do social norms and cultural values influence individual behavior? Can you provide an example of a cultural norm that might influence behavior in one context but not in another?

6. How do psychologists approach the study of emotions? Can you provide an example of a specific emotion and how it might be studied in a research setting?

7. What are the different approaches to treating mental illness? How do these approaches differ from one another, and what are some of the benefits and drawbacks of each approach?

8. What is the role of motivation in human behavior? Can you provide an example of how motivation might influence behavior in a particular context?

9. How do psychologists study personality? What are some of the different theories of personality, and what are some of the limitations of these theories?

10. What is the nature of consciousness? How do psychologists study consciousness, and what are some of the current theories about the nature of consciousness?

Answers

1. The nature vs. nurture debate in psychology refers to the argument over whether human behavior and development are influenced primarily by genetics or environmental factors. An example of a behavior influenced by nature might be a person's height, which is largely determined by genetics. An example of a behavior influenced by nurture might be a person's language skills, which are largely shaped by their environment and upbringing.

2. Cognitive dissonance is the mental discomfort that arises when a person holds two or more conflicting beliefs or values, or when a person's beliefs and actions are inconsistent. It can lead to rationalization or justifying one's behavior in order to reduce the dissonance. For example, a smoker who knows that smoking is harmful to their health may experience cognitive dissonance if they continue to smoke, and may try to justify their behavior by convincing themselves that the risks are not as severe as they seem.

3. Psychologists define and measure intelligence in a variety of ways, including tests of cognitive ability, such as IQ tests. However, there are limitations to these definitions and measurements, as they do not take into account other forms of intelligence, such as emotional intelligence or creative intelligence, and can be culturally biased.

4. Memory plays a critical role in shaping our perceptions of the world around us, but it can also be unreliable or manipulated. For example, eyewitness testimony in criminal trials can be influenced by false memories, leading to inaccurate or incorrect testimony.

5. Social norms and cultural values influence individual behavior in a variety of ways. For example, in some cultures, it may be considered polite to remove one's shoes before entering a home, while in other cultures it may not be important. This cultural norm could influence behavior in one context but not in another.

6. Psychologists approach the study of emotions through a variety of methods, including self-report measures, physiological measures, and behavioral observations. An example of a specific emotion that might be studied in a research setting is fear, which could be studied by measuring heart rate and other physiological responses to a scary stimulus.

7. There are many different approaches to treating mental illness, including medication, psychotherapy, and alternative treatments such as mindfulness and meditation. These approaches differ in their goals, techniques, and effectiveness, and may be used alone or in combination with other treatments.

8. Motivation plays a critical role in human behavior, driving us to seek out rewards and avoid punishment. For example, a student who is motivated by the desire for good grades may work hard to study and prepare for exams, while a student who is not motivated by this goal may struggle to find the energy or focus to do so.

9. Psychologists study personality using a variety of theories, including trait theory, psychodynamic theory, and

humanistic theory. These theories have limitations, as they may not be universally applicable and may not take into account individual differences or environmental factors.

10. The nature of consciousness is a complex and ongoing topic of research in psychology. Psychologists study consciousness using a variety of methods, including neuroimaging and self-report measures, and current theories suggest that consciousness is an emergent property of the brain and may be linked to processes such as attention and perception. However, there is still much to be learned about the nature of consciousness and how it arises in the brain.

Appendix C

Questions on Psychology

1. Nature vs. Nurture: What role do genetics and environment play in shaping human behavior? Can we truly separate the two, or do they always interact in complex ways?

The debate about nature vs. nurture has been ongoing for decades. While genetics play a significant role in shaping human behavior, the environment also plays a crucial role. It is not possible to completely separate the two, as they interact in complex ways. Research suggests that genetics provide a foundation for certain traits and behaviors, but environment can either enhance or limit the expression of those traits. Thus, it is important to recognize the interaction between genetics and environment in shaping human behavior.

2. Mental Illness Stigma: Why is there still a stigma surrounding mental illness, despite the fact that it is so

common? What can be done to reduce this stigma and encourage people to seek treatment?

Mental illness stigma persists due to a lack of understanding and education about mental health issues. Many people still hold negative beliefs and stereotypes about those who experience mental illness, and this can prevent individuals from seeking treatment due to fear of being stigmatized or discriminated against. Reducing stigma requires efforts at the societal and individual levels, including education, increased awareness, and open dialogue about mental health.

3. Consciousness: What is consciousness, and how does it arise in the brain? Can it be explained solely by physical processes, or is there something more to it?

Consciousness is a complex phenomenon that refers to our awareness of ourselves and the world around us. While consciousness is thought to arise from physical processes in the brain, it remains one of the biggest mysteries in science. The nature of consciousness is still being explored and debated by scientists and philosophers alike.

4. Social Influence: How do other people influence our thoughts, feelings, and behaviors? Are we more likely to conform to the opinions of others, or to resist them?

Social influence can take many forms, such as conformity, obedience, and persuasion. Research suggests that individuals are more likely to conform to the opinions of others when they are uncertain or feel a strong need to belong. However, individuals may also resist social influence if they have a strong sense of individuality or if they perceive the social influence as a threat to their personal values.

5. Addiction: What causes addiction, and how can it be treated? Are certain individuals more susceptible to addiction than others, and if so, why?

Addiction is a complex condition that involves both biological and environmental factors. Individuals who are genetically predisposed to addiction may have a heightened vulnerability to certain substances or behaviors, but environmental factors such as stress, trauma, and social influence can also contribute to the development of addiction. Treatment for addiction often involves a combination of therapy, medication, and support groups, and may be tailored to the individual's specific needs and circumstances.

6. Emotions: What are emotions, and how do they impact our daily lives? Can we control our emotions, or are they largely automatic and uncontrollable?

Emotions are subjective experiences that involve physiological and psychological responses to internal and external stimuli. While emotions can be automatic and difficult to control at times, individuals can learn to regulate their emotions through various techniques such as mindfulness, cognitive-behavioral therapy, and relaxation exercises. Emotions can impact many areas of our lives, including our relationships, work performance, and overall well-being.

7. Memory: How do we remember things, and why do we sometimes forget? Can we improve our memory through certain techniques or practices?

Memory is a complex cognitive process that involves encoding, storage, and retrieval of information. Factors such as attention, rehearsal, and emotional arousal can

influence memory formation, while forgetting can occur due to decay, interference, or retrieval failure. Certain techniques such as mnemonic devices, spaced repetition, and visual imagery can be used to improve memory performance.

8. Intelligence: What is intelligence, and how is it measured? Are there different types of intelligence, and if so, how do they differ from one another?

Intelligence is a multifaceted construct that encompasses a range of cognitive abilities such as reasoning, problem-solving, and language proficiency. Intelligence can be measured using various standardized tests, but some argue that these tests may not accurately capture the full range of human intelligence. Additionally, some researchers propose that there are multiple types of intelligence, such as emotional intelligence and practical intelligence, that are distinct from traditional measures of cognitive ability.

9. Developmental Psychology: How do people change and develop over the course of their lives? What are some of the key milestones and challenges that individuals face at different stages of development?

Developmental psychology examines how individuals change and develop over the course of their lives, from infancy to old age. Key milestones and challenges vary across different stages of development, such as the emergence of language and social skills during childhood, and the physical and cognitive changes associated with aging. Environmental factors such as parenting, education, and culture can also influence development.

10. Positive Psychology: What is positive psychology, and how does it differ from traditional approaches to

psychology? Can a focus on positive emotions and experiences help individuals to live happier and more fulfilling lives?

Positive psychology is a field of psychology that focuses on the study of positive emotions, experiences, and qualities such as gratitude, resilience, and optimism. This approach differs from traditional psychology, which has historically focused on the study of psychopathology and negative experiences. Research in positive psychology suggests that a focus on positive experiences can promote well-being and flourishing, and interventions such as gratitude journaling and positive affirmations may be effective in promoting positive outcomes.

Appendix D

Further questions on Educational Psychology

Educational Psychology Quiz

1. Define educational psychology and explain its role in shaping learning and instructions.

1. Define educational psychology and explain its role in shaping learning and instructions.

2. Why do we need research in educational psychology?

3. Which of the following topics would NOT be of special interest to educational psychologists? a. moral development b. proxemics c. teacher attitudes d. curriculum development

4. Intellectual development, language learning, test writing, and teaching strategies would all be of interest to which type of psychologist?

5. a. environmental b. educational c. developmental d. social

6. The field that seeks to understand how people learn and how teachers instruct is called cognitive psychology. Indicate whether the statement is true or false.

7. A school needs to help train teachers on techniques of effective instruction in classrooms. What psychologist can help them?

8. a. Educational b. Industrial c. Psychometrics
d. School

9. Educational psychology is a branch of psychology that contains explorations of and research on how humans learn and retain knowledge from learning environments. Educational psychologists form various theories as to how and why people consume and possess information that is being taught to them. true or false

10. A pedagogical theory is someone's approach to teaching or their method of imparting information to an individual who is learning from them. In educational psychology, a pedagogical theory is central to research because how a person teaches can impact how their students learn. right or wrong

11. Explain why it is important as educators to demonstrate an understanding of each child and their family. Within your response, document strategies you would use to achieve this.

12. How does cognitive development theory affect diverse learners? Cognitive development theory can be treated as an umbrella term that encompasses various theories that describe and explain the process of cognitive development. Some examples of well-known cognitive development theories are Jean Piaget's stages of cognitive

development, Lev Vygotsky's sociocultural theory, and the core knowledge hypothesis.

13. Describe John Dewey's influence on educational practices.

14. Why is research important in educational psychology? Edward Lee Thorndike is considered the founder of educational psychology. In 1898, he suggested the law of effect, which was one of the first learning theories. In 1903, he wrote the first educational psychology textbook.

15. What research methods are used in educational psychology?

16. What is learning in educational psychology?

17. Why is research important in educational psychology?

18. Who is the father of modern educational psychology?

19. What research methods are used in educational psychology?

20. What is learning in educational psychology?

21. What is the scope of educational psychology?

22. How does psychology contribute to education?

23. How do you plan to encourage your future students to be inclusive of all their classmates? Describe a strategy or activity that promotes the learning and well-being of others in the classroom. Why...

24. What is the role of ethics in cognitive psychology?

25. What is cognition in educational psychology?

26. Why is educational psychology important to students?

27. What are the branches of educational psychology?

28. Is psychology important to education?

29. What are learning theories in educational psychology?

30. What is the difference between educational psychology and school psychology?

31. What is the importance of educational psychology to a teacher?

32. Why is educational psychology important?

33. What is the role of research in educational psychology?

34. How can educational psychology help teachers in classrooms?

Appendix E

Famous Educational Psychologists

Behavioral Psychologists

B. F. Skinner



This wouldn't be a giant list of famous psychologists if B.F. Skinner wasn't on it.

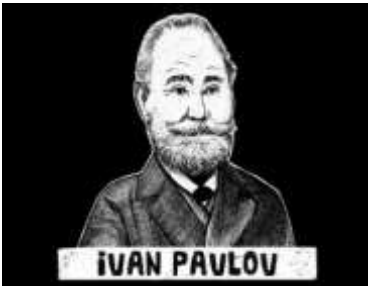
B.F. Skinner was an American psychologist who made major contributions to the behaviorist movement in the

1930s. He is known primarily for developing the concept of *operant conditioning*. Operant conditioning is a type of learning where the results of an action dictate whether that action will be repeated. Skinner also founded a school of thought known as the *experimental analysis of behavior* which is based on his philosophy of *radical behaviorism*.

Skinner claimed that all human behavior may be explained by the process of operant conditioning. Like all behaviorists, he believed that the focus of psychology should be on phenomena that can be observed and measured. Skinner largely ignored the importance of human emotion, perception, and cognition because he claimed these factors cannot be studied objectively. He did not believe in God and he did not believe in free will.

Although Skinner has been criticized for using animal studies to explain complex human behaviors, his research has had a profound impact on the field of psychology. Today, his theories continue to inform and influence fields such as education, healthcare, correctional services, and animal training. B. F. Skinner died from leukemia on August 18, 1990. He was 86 years old.

Ivan Pavlov



Ivan Pavlov was a Russian physiologist who is known primarily for developing the concept of the conditioned reflex. He was studying how dogs salivated when they were being fed, when he noticed that his dogs began salivating when no food was present. Pavlov was intrigued and focused his efforts on investigating this phenomenon. He eventually trained hungry dogs to produce saliva when they heard the sound of a buzzer or metronome, which was previously linked with the presentation of food.

Pavlov played a significant, though indirect role in the development of behaviorism. American psychologists John B. Watson and B.F. Skinner were heavily influenced by his research on classical conditioning. Pavlov's work also helped to revolutionize the field of education. Some of the principles he highlighted have helped teachers to elicit desired behaviors from their students by adjusting certain stimuli in the learning environment. Pavlov was awarded the Nobel Prize for Physiology or Medicine in 1904. He passed away on February 27, 1936 in Leningrad, Russia.

John B. Watson



John B. Watson was an American psychologist who is credited as one of the founding fathers of behaviorism. Behaviorism is a psychological school of thought that emphasizes a systematic, scientific approach to the study of animal and human behavior. Watson believed that

psychology's focus on unobservable phenomena such as consciousness and thought prevented it from being regarded as a reliable and respected science. His goal was to position psychology as a science of behavior rather than a science of the mind.

During his research on behavior, Watson only paid attention to factors that he could see and measure. He considered a person's thoughts, feelings, and perceptions of little importance because he could not study them objectively. Watson is also known for his extreme views on child-rearing as well as the infamous "Little Albert experiment." When he became an older man, he expressed regret that he published a book on child-rearing when he was far from an expert on the matter. Watson's insistence on taking a scientific approach to experiments helped to establish behaviorism as the dominant school of thought in the 1920s and 1930s, and added legitimacy to the growing field of psychology. He passed away on September 25, 1958.

Cognitive Psychologists

Daniel Kahneman



Daniel Kahneman is an Israeli-American economist and psychologist. He is known primarily for his research on human judgment and decision-making. Kahneman and his

close friend Amos Tversky developed prospect theory in the late 1970s. The theory outlines how humans make decisions when they are faced with risk, probability, and uncertainty.

One of the key assumptions of prospect theory is that people hate to lose more than they love to win. The theory predicts that while a person may not take a risk to make a gain, he or she may be more willing to take a risk to avoid a loss. Kahneman's work contributed significantly to the development of behavioral economics. His theories on decision-making have been implemented in numerous industries such as gambling, insurance, economics, politics, marketing, and counseling. Kahneman is an award-winning author. He has published two books to date—*Attention and Effort* (1973) and *Thinking, Fast and Slow* (2011). In 2002, Kahneman was awarded the Nobel Prize in Economic Sciences “for having integrated insights from psychological research into economic science, especially concerning human judgment and decision-making under uncertainty.” He also conducted research on hedonic psychology.

Elizabeth Loftus



Elizabeth Loftus is an American psychologist who is notable for her research on memory and cognition. In the 1970s, she discovered a phenomenon known as the

“misinformation effect.” The misinformation effect occurs when false information presented after an event distorts a person’s memories of that event. Loftus immediately recognized that the misinformation effect may have a major impact on eyewitness testimony.

Loftus’ research highlights how easy it is for a person’s memories to become distorted. Factors that may influence whether or not the misinformation effect occurs include the age of the eyewitness, the amount of time that has passed since the incident, and the types of details that are being considered. Loftus also demonstrated that it is possible to implant complete or partial memories of fictitious events into the minds of other people. In the *Lost In The Mall* study, Loftus and her colleagues were able to convince 25% of the subjects that they had gotten lost in the mall when they were five years old, even though the event never happened. Loftus is considered an expert on eyewitness testimony. She has served as a consultant in a number of high profile cases involving celebrities, mass murderers, and serial killers.

Jerome Bruner



Jerome Bruner was an American psychologist who played a major role in the development of cognitive psychology and educational psychology. He conducted research on several key topics such as human memory, perception, cognitive development, and learning. Bruner's work clearly highlighted the importance of human cognition in the learning process. He also helped to lessen the focus on behaviorism—which was the dominant school of thought at the time.

Bruner claimed that a person's memory is able to store or represent knowledge in different ways, depending on the age and intellectual maturity of the individual. He proposed three modes of representation: enactive, iconic, and symbolic. Bruner also believed that children should be actively involved in their own education. Rather than having students sit and listen passively in the classroom, Bruner encouraged engagement, experimentation, and exploration.

Bruner's research has influenced many national and international policies on education. His theories have helped to revolutionize the education system in several countries, including the United States. Jerome Bruner died on June 5, 2016 at the age of 100. He is widely recognized

as one of the most esteemed psychologists of the 20th century.

Ulric Neisser



Ulric Neisser was a German American psychologist who is recognized as one of the founding fathers of cognitive psychology. He conducted extensive research on human memory, perception, learning, and intelligence. Neisser was the first person to incorporate research from a number of psychologists into a unified theory of cognition. He presented this unified theory and coined the phrase “cognitive psychology” in his landmark book *Cognitive Psychology* (1967).

While some researchers argued that all human behavior is dictated by external stimuli, Neisser suggested that information can be received, processed, and stored internally to help shape future conduct. He compared human cognition to how a computer processes information and produces an output. Neisser’s research on perception highlighted how it is possible for people to fail to see events that occur right before their eyes. His research on memory contributed to the modern day understanding that human memory is susceptible to distortion.

Cognitive psychology is arguably the most dominant branch of psychology today. It has been applied to a wide

variety of fields such as medicine, mental health, criminal justice, business, and education. Neisser encouraged cognitive psychologists to focus on finding solutions to real world problems. He passed away on February 12, 2012.

George Kelly

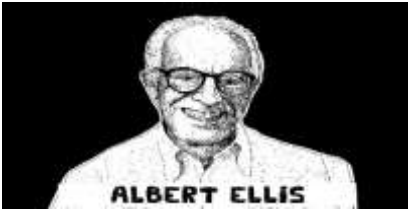


George Kelly was an American psychologist who is known primarily for developing personal construct theory (PCT). A “personal construct” is a schema or mental representation of how an individual sees the world. Personal construct theory is concerned with how people make sense of the world around them and examines the psychological reasons for their behavior. Kelly believed that humans actively observe and interpret their personal experiences so that they can predict and control future events.

The principles of personal construct theory have been applied to a variety of fields. In the mental health industry, for example, therapists may help clients to let go of misleading personal constructs so that they can anticipate future events more accurately and be more in tune with their environment. In the education field, teachers can increase their effectiveness by presenting new information that relates to the personal constructs of their students. PCT may

even be used to help resolve interpersonal issues by helping each involved party to view challenging situations from new perspectives. In addition to his work on personal construct theory, Kelly also helped to develop the field of clinical psychology. He passed away suddenly on March 6, 1967.

Albert Ellis



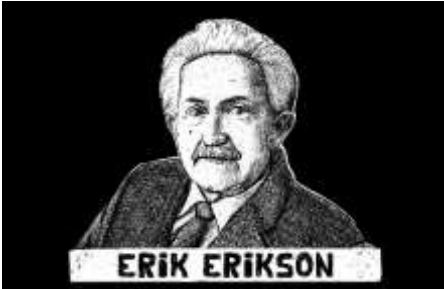
Albert Ellis was a renowned American psychologist best known for developing a form of psychotherapy known as Rational Emotive Behavior Therapy (REBT). Ellis initially practiced psychoanalysis but became impatient with the prolonged and passive nature of that approach. Influenced by the work of ancient and modern philosophers, he abandoned the Freudian method of exploring past experiences and unconscious processes and began focusing instead on his clients' current thought patterns.

Ellis concluded that it is the way we think about experiences, and not the experiences themselves, that lead to disturbed emotions. He suggested that illogical thought patterns underlie all psychological disturbances. The goal of REBT is to help clients replace illogical beliefs with more rational ones. It has been used successfully to treat a wide variety of psychological problems and to address multiple challenges associated with daily living. Ellis also developed a reputation as a sexologist and espoused a very liberal attitude toward sex. He was considered a major

player in the American sexual revolution of the 1960s. He wrote extensively on both sexuality and REBT and was ranked as one of the most influential figures in psychology. He died in 2007 at the age of 93.

Developmental Psychologists

Erik Erikson



Erik Erikson was a German-American psychoanalyst and developmental psychologist. He is known mainly for his theory of psychosocial development. While Erikson agreed with Freud's view that human personality develops in a series of stages, he believed that an individual needs to overcome social conflicts throughout his or her life in order to become a healthy, fully functional person. This perspective differed from Freud's belief that people need to overcome psychosexual conflicts during childhood if they want to become fully functional adults.

Erikson's psychosocial theory is one of the most popular concepts in the field of psychology. His ideas on personality development have been applied to a number of different industries such as education and health care. Erikson's theories have also been very helpful for parents as they can get a better idea of the type of conflict a child may be

experiencing at a particular age. Once the challenge can be properly identified, parents are in a much better position to help their child to resolve the issue and grow. Erik Erikson is recognized as the 12th most cited psychologist in history. He passed away on May 12, 1994 at the age of 91.

Lawrence Kohlberg



Lawrence Kohlberg was an American psychologist who is notable for his theories of moral development. He developed his theories after presenting young boys with a series of moral dilemmas and asking their opinion on what should be done. Each dilemma offered a choice between (1) obeying a general rule, or (2) disobeying the rule to fulfill a human need. Based on their responses, Kohlberg concluded that there are six stages of moral development: (1) Punishment and Obedience Orientation, (2) The Instrumental Purpose Orientation, (3) “Good boy” or “Good girl” Orientation, (4) The Social-Order-Maintaining Orientation, (5) The Social-Contract Orientation, and (6) The Universal Ethical Principle Orientation.

Kohlberg believed that people progress in an orderly fashion from one stage of moral development to the next, with some people never reaching the highest levels. Although he did not set any age limits on each stage, he

suggested that the first two stages of moral development are characteristic of young children and criminals, while stages three and four are typical of teenagers and adults. Kohlberg's theories have informed both the education and correctional services sectors. Authority figures in each field use Kohlberg's principles to help individuals to improve their moral reasoning and their behavior.

Lev Vygotsky



Lev Vygotsky was a Jewish-Russian psychologist who specialized in the psychological development of children. He is best known for his cultural-historical theory (also referred to as the sociocultural theory or the social development theory). Vygotsky suggested that the environment in which children are raised has a significant impact on what children think about and how they learn. He also believed that the process of learning may differ between cultures.

Vygotsky's theories have influenced educational psychology and developmental psychology. His ideas have been applied by many teachers and parents to promote the intellectual growth of children. Vygotsky's work also helped to lay the foundation for future research on cognitive

development. Despite not receiving as much recognition as his contemporaries when he was alive, Vygotsky has become one of the world's most highly respected psychologists decades after his death.

Vygotsky died from tuberculosis on June 11, 1934. He was only 37 years old when he passed away. Vygotsky has been described as the “Mozart of psychology” due to the many ingenious concepts he developed during his brief professional career. However, his early death prevented him from finishing many of his theories.

Urie Bronfenbrenner



Urie Bronfenbrenner was a Russia-born American psychologist, researcher, writer, and activist. He is known primarily for developing his ecological systems theory. This theory examines how children interact with different environmental factors within their community and wider society, and how this interaction may influence their development. Bronfenbrenner's research contributed significantly to the growth of ecological psychology and developmental psychology.

Much of Bronfenbrenner's research was centered on the importance of early childhood education and family support. He believed that wider society benefits when families are given the tools and assistance they need to carry

out their social roles. Bronfrenbrenner highlighted that the moral fabric of society tends to break down when the responsibility of raising children is shifted from the family to schools and other institutions. He was a key figure in the establishment of the Head Start Program that assists children from low-income families in the United States. Bronfrenbrenner's work had a profound positive impact on a number of fields such as education, social work, mental health, medicine, politics, and business. Two of his most influential books are *Two Worlds of Childhood: US and USSR* (1970) and *The Ecology of Human Development: Experiments by Nature and Design* (1979).

Ethologists



Konrad Lorenz

Konrad Lorenz was an Austrian zoologist and ethologist. He is often credited as the founding father of modern ethology. Lorenz conducted extensive research on instinctive behaviors in animals. He is best known for his detailed documentation of the process of imprinting.

Imprinting refers to a form of learning where newborn animals quickly become attached to the first large moving object they see. Lorenz demonstrated the phenomenon in 1935 with grey lag geese and later with mallards. Lorenz was able to imprint himself on the young goslings and

ducklings, who followed him around as if he was their real mother. His research provided evidence that some behaviors are inborn and may have a genetic basis for the survival of the species. Lorenz also proposed a theory of baby schema, which provided a possible explanation of why babies appear cute to adults. His concepts have helped to transform the film and advertising industries. Lorenz was awarded the Nobel Prize in physiology or medicine in 1973. He passed away on February 8, 1989 at the age of 85.

Educational Psychologists

Carol Dweck



Carol Dweck is an American psychologist who is notable for her theories on mindset and motivation. She believes that people generally have a fixed mindset or a growth mindset. According to Dweck, individuals with a fixed mindset believe their intelligence and talents are inborn and cannot be changed. On the other hand, people with a growth mindset believe they can become smarter or more skillful by putting in enough work over time.

Dweck claims that mindset plays a key role in how people learn and approach challenges that test their intelligence. She also believes it may impact how individuals view their relationships and address interpersonal conflicts. Dweck suggests that mindset

develops during early childhood, but it can be changed later in a person's life. Her theories have influenced fields such as education, sports, and business.

Dweck is currently located at Stanford University where she serves as the Lewis and Virginia Eaton Professor of Psychology. She is also an award-winning author whose works include *Motivation and self-regulation across the life span* (1998), *Self-theories: Their role in motivation, personality and development* (1999), *Handbook of competence and motivation* (2005), and *Mindset: The New Psychology of Success* (2006).

David Kolb



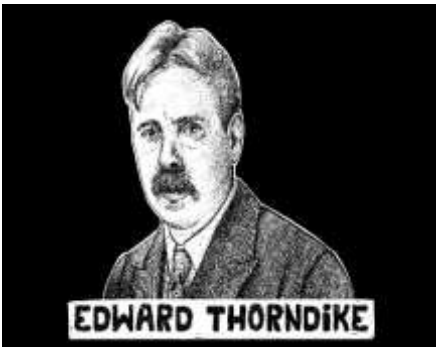
David Kolb is an American social psychologist who is notable for his contributions to learning theory. His research is centered on experiential learning and is strongly influenced by the prior work of Jean Piaget, John Dewey, and Kurt Lewin. Kolb believes that experience is the foundation of learning and claims that learning takes place in a four-stage cycle. These four stages include (1) concrete experience, (2) reflective observation, (3) abstract conceptualization, and (4) active experimentation.

Kolb's learning cycle model directly contributed to his theories on individual learning styles. He proposed four distinct learning styles—diverging, assimilating, converging, and accommodating—and suggested that each

person has a preferred way of learning. Kolb later developed his learning style inventory (LSI), which is an assessment tool used to determine an individual's preferred learning style. Kolb's learning style inventory is still in use among educators and institutions today.

Kolb's work has impacted the education sector locally and internationally. His concepts have been used by teachers around the world to tailor their lessons and make them more meaningful to their students. Kolb's research has also influenced other fields such as business and counseling. He currently serves as the Chairman of Experience Based Learning Systems Inc. in Hawaii.

Edward Thorndike



Edward Thorndike was an American psychologist who is recognized as the first American to propose a comprehensive learning theory. He claimed that learning occurs when a relationship or connection is formed between a stimulus and a response. Thorndike referred to his learning theory as connectionism. He concluded that learning takes place slowly by trial and error rather than quick flashes of insight.

Another key contribution that Thorndike made to the field of psychology is his theory of intelligence. He

believed that intelligence is a combination of different abilities that are independent of each other, but able to work together to complete a task. Thorndike theorized that intelligence could be broken down into three distinct categories. They include abstract intelligence (the ability to think using words, numbers, and other symbols), mechanical intelligence (the ability to use tools and manipulate physical objects), and social intelligence (the ability to work well with other people).

Thorndike's work laid a strong foundation for future research on human learning and contributed to the rise of behaviorism. His research has also made a major impact on the education sector. Some of the concepts Thorndike introduced are still used in schools today. He died on August 9, 1949.

Howard Gardner



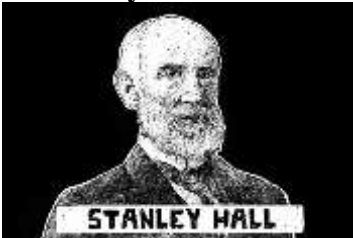
Howard Gardner is an American developmental psychologist who gained public recognition for his theory of multiple intelligences. When he began his work, intelligence was generally viewed as a singular factor that could influence all mental tasks. However, Gardner rejected this viewpoint and argued that such a narrow perspective was not able to account for all the intellectual abilities humans possess. Rather than a single, general intelligence, Gardner suggested humans have at least eight different

types of intelligence. These include linguistic, logical-mathematical, spatial, musical, bodily-kinesthetic, naturalistic, interpersonal, and intrapersonal intelligence.

Gardner's research helped to revolutionize the education system in many countries. While only two of his suggested intelligences (linguistic and logical mathematical) are usually emphasized in schools, he helped educators to realize that people can be intelligent in many other ways. Gardner's principles have helped teachers to see the benefits of individualizing their instructions, and presenting lessons in creative ways such as through music, field trips, role play, or art. His research has also been used in the business world to help employers assign employees to tasks that are compatible with their strengths.

Howard Gardner has received 31 honorary degrees from universities around the world. He retired from teaching in 2019.

G. Stanley Hall



Granville Stanley Hall was an American psychologist and educator who pioneered the study of psychology in the United States. He is known for achieving a number of “firsts” in the field such as being the first American to receive a doctorate on a psychological topic, establishing the first psychology lab in the United States, founding the nation's first psychology journal, and serving as the first president of the American Psychological Association. Hall

taught Joseph Jastrow—the first American to receive a PhD in psychology—and awarded eleven of the first fourteen doctoral degrees in psychology in the country. Several of his students such as Lewis Terman, Edmund Sanford, William H. Burnham, and Raymond Cattell went on to make major contributions to the field.

Hall is also known for his maturation theory of child development. His work was influenced by Charles Darwin's theory of evolution and Ernst Haeckel's theory of recapitulation. Hall's maturation theory recognizes the role that evolution and genetics play in personality development and behavior. The theory claims that children recapitulate (or repeat) three evolutionary stages of human development as they grow. Hall is credited with laying the foundation for child psychology and education psychology. He died on April 24, 1924.

Emotion Psychologists



Paul Ekman

Paul Ekman is an American psychologist who is famous for his work on the association between human emotions and facial expressions. He believes that humans have only six basic emotions—happiness, surprise, sadness, anger, fear, and disgust. Ekman also suggests that each basic emotion is linked to specific facial expressions. He conducted a number of cross-cultural studies which

provided evidence that these facial expressions are universal and have a biological basis.

Ekman is also a co-discoverer of micro expressions. He suggests that people may try to conceal their emotions in certain situations, but these hidden emotions may reveal themselves via subtle facial expressions that last for less than a second. According to Ekman, these micro expressions may help to indicate when a person is being deceptive. He and his colleagues designed the Facial Action Coding System (FACS)—a tool that measures and categorizes facial movement.

Ekman's expertise in the science of deception has granted him opportunities to work with the Federal Bureau of Investigation (FBI), Central Intelligence Agency (CIA), and the Transportation Security Administration (TSA) in the United States. He has also collaborated with animation studios on how to give life-like expressions to animated characters.

Evolutionary Psychologists

David Buss



David Buss is an American psychologist who made major contributions to the field of evolutionary psychology. He has conducted research on a wide range of topics, including intimate partner violence, personality differences, and homicide. However, Buss is best known for his work on human sexuality. His most popular theories are the

Sexual Strategies Theory (SST), Strategic Interference Theory (SIT), Act Frequency Approach (AFA), Homicide Adaptation Theory (HAT) and Error Management Theory.

Buss' research explores the different strategies men and women use in mate selection and outlines how these strategies may have evolved over time. He also explains how concepts such as distress and murder may offer evolutionary advantages. Buss' theories have helped to explain common relationship issues such as jealousy, domestic abuse, and gender-based differences in sexual desire. They also offer insights on how individuals may make themselves appear more attractive to prospective mates.

Buss has been a member of the editorial board for several peer-reviewed journals such as the *Journal of Sex Research*, the *Journal of Social, Evolutionary, and Cultural Psychology*, *American Psychologist*, and the *Journal of Research in Personality*. In 2013, he was listed as one of the top 30 most influential living psychologists.

Forensic Psychologists

Robert Hare



Robert Hare is a Canadian psychologist who is famous for his work on psychopathy. He designed the Psychopathy Checklist-Revised (PCL-R)—a psychometric tool that is

used to assess the presence of psychopathic traits in people. Trained clinicians may also use the PCL-R to evaluate how much of a risk a specific individual is to other people. Hare's research contributed greatly to our modern day understanding of psychopathy as well as the development of fields such as forensic psychology and criminal psychology.

Hare also conducted groundbreaking research on whether psychopaths have different brain activity than non-psychopaths. He found that non-psychopaths showed different levels of brain activity when presented with neutral words (such as chair) versus emotional words (such as torture). However, the brain activity of psychopaths remained essentially the same when they were presented with both sets of words. Hare reasoned that psychopaths may view language only as a linguistic tool without the emotional associations that influence "normal" people. Hare penned three landmark books over the course of his career. They are titled *Psychopathy: Theory and Research* (1970), *Without Conscience: The Disturbing World of the Psychopaths Among Us* (1999), and *Snakes in Suits: When Psychopaths Go to Work* (2007).

Hugo Münsterberg



Hugo Münsterberg was a German American psychologist who pioneered the field of applied psychology. He believed that psychology research should

focus on solving problems in the real world. Münsterberg's research was centered on helping people with health, education, and work-related issues. He made contributions to the development of clinical psychology and is often described as a founding father of applied psychology, industrial and organizational psychology, and forensic psychology.

Münsterberg agreed with the theory of psychophysical parallelism. He believed that the body functions in parallel (or in harmony) with the mind without interacting with it. Münsterberg provided fast relief to many of his clients by simply convincing them that they were feeling better. Some of the issues he treated include alcohol addiction, phobias, drug addiction, and sexual challenges.

Several of Münsterberg's studies focused on how people behave in work settings. This type of research is very important as men and women often conduct themselves differently at work than they do at home. Münsterberg's work has helped many companies to create better work environments, keep their employees happy, and increase productivity. He also impacted the field of criminal justice by highlighting how unreliable eyewitness testimony can be.

Personality Psychologists

Gordon Allport



Gordon Allport was an American psychologist who pioneered the study of human personality. He is best known for his trait theory of personality and is often described as the founding father of personality psychology. Allport's approach to psychology focused on the uniqueness of the individual and how current events shape human behavior. He was elected president of the American Psychological Association in 1939 and ranked as the 11th most influential psychologist of the 20th century.

Although behaviorism and psychoanalysis were the two most dominant schools of thought in the late 1930s, Allport rejected both. He believed that human nature involved more than inborn reflexes, sexual drives, and repressed memories. Allport's concept of functional autonomy made a distinction between innate drives and motives. He was also interested in the reasons people display prejudice and designed a scale to measure the amount of prejudice in a community. Despite all of Allport's personal accomplishments, it is possible that his greatest contribution to the science of psychology was his influence on his students. He supervised some of the greatest minds in the field, including Jerome Bruner, Gardner Lindzey, and Leo Postman. Allport passed away on October 9, 1967. He was 69 years old.

Positive Psychologists

Abraham Maslow



Abraham Maslow was an American psychologist who is regarded as one of the founding fathers of humanistic psychology. Humanistic psychology emphasizes the positive aspects of the human experience and suggests that people can improve themselves over time. When Maslow entered the field of psychology, the dominant schools of thought were psychoanalysis and behaviorism. Maslow rejected both approaches because he felt the former spent too much time on mental illness and the latter was too focused on comparing the reactions of animals in a lab to complex human behaviors.

Maslow is also well known for developing a theory of human motivation which is based on a hierarchy of needs. The five needs he identified are physiological, safety, love, esteem, and self-actualization. Maslow believed that a person's basic physiological and safety needs have to be met first because they directly impact the survival of the individual. After those needs are filled, the individual is able to focus on higher level needs such as love, esteem, and self-actualization.

Maslow's theories have been applied to many diverse fields such as city planning, healthcare, management, and marketing. He also laid the groundwork for other schools of

thought such as transpersonal psychology and positive psychology.

Carl Rogers



Carl Rogers was an American psychologist who helped to found humanistic psychology. When he began his work, the dominant schools of thought were psychoanalysis and behaviorism. Both of these approaches suggested that human behavior is determined, either by unconscious forces (psychoanalysis) or the environment (behaviorism). However, Rogers rejected these deterministic views and claimed that people can control their own behavior. He also believed that humans have an inherent drive to improve themselves as individuals and enhance their own lives over time.

Rogers introduced concepts such as *self-actualization*, *congruence*, and *unconditional positive regard* to the field of psychology. He is also known for developing person-centered therapy. This form of psychotherapy incorporates many of the principles of humanistic psychology and assumes that clients have the innate power to make positive changes. The person-centered approach has been applied to a number of fields, including business, politics, nursing, and education.

Carl Rogers died on February 4, 1987 after suffering a heart attack. He was 85 years old. Rogers was nominated for the Nobel Peace Prize a few months after he passed away. A 2002 empirical survey ranked Carl Rogers as the 6th most eminent psychologist of the 20th century.

Martin Seligman



Martin Seligman is an American psychologist who is often referred to as the “father of positive psychology.” In the late 1990s, Seligman claimed that much of the earlier work done in psychology highlighted the negative aspects of human life, such as mental health issues, negative emotions, negative thinking, and inappropriate behaviors, and he wanted to change that approach. After becoming the president of the American Psychological Association in 1998, Seligman chose “Positive Psychology” as the theme for his term in office. Positive psychology is a branch of psychology that focuses on the positive aspects of human life and explores topics such as optimism, self-worth, confidence, and happiness.

Positive psychology is often lauded for being easy to understand, uplifting, and practical. The approach has found a number of applications in fields such as healthcare, education, parenting, counseling, and business. Besides his work in the positive psychology movement, Seligman is also known for his theory of learned helplessness. He later refined this theory as a model for explaining depression.

Seligman is a bestselling author and some of his most popular books include *Learned Optimism* (1991) and *Authentic Happiness* (2002). He currently serves as the Director of the Penn Positive Psychology Center.

Psychodynamic Psychologists

Carl Jung



Carl Jung was a Swiss psychiatrist, psychologist, and psychoanalyst. He is best known for his contributions to psychoanalysis and for founding analytical psychology. Jung's early work supported Freud's views on psychoanalysis and the two men became very close friends for several years. However, their friendship ended when Jung published a book that disagreed with several key tenets of psychoanalysis, which ultimately led to Jung being excluded from Freud's inner circle.

While Jung agreed with some of Freud's views on the unconscious, he disagreed with Freud's belief that sexuality plays a key role in the development of mental health issues. Jung founded analytical psychology in order to further his own examination into the human psyche, while keeping his approach distinct from Freud psychoanalysis. After separating from Freud, Jung developed several key psychological concepts such as *introversion*, *extraversion*, *archetypes*, *the collective unconscious*, *animus*, and *anima*. He also introduced the idea of distinguishing people based on their psychological type.

Although Jung had a medical degree and considered himself a man of science, he was also fascinated by mythology, mysticism, and the supernatural. Several of the concepts he developed to form the backbone of analytical psychology were based on myths and the occult.

Sigmund Freud



Sigmund Freud was an Austrian neurologist who is widely considered to be the founding father of psychoanalysis. Psychoanalysis is both a psychological approach to explain human behavior as well as a type of talk therapy. Freud believed that the human mind was divided into three regions—the conscious, the preconscious (also called the subconscious), and the unconscious. He also suggested that human personality is composed of three distinct parts called the id, the ego, and the superego.

According to Freud, psychosexual conflicts in a person's childhood play a significant role in shaping his or her personality. He believed that many unresolved experiences are held within the unconscious mind. The goal of psychoanalysis is to bring these unresolved events from the unconscious to the conscious mind where they can be addressed. Freud suggested that once this is done, a person with mental or emotional issues can begin to heal.

Freud proposed a number of controversial theories in his attempt to explain human behavior. However, he made a

major impact on the field of psychology. Popular psychological concepts such as *defense mechanism*, *repression*, *projection*, *complex*, *unconscious mind*, and *regression* were either developed or popularized by Freud. He passed away on September 23, 1939.

Wilhelm Wundt



Wilhelm Wundt was a German physiologist who pioneered the study of the human mind using scientific methods. His approach helped to highlight psychology as a science that is distinct from biology and philosophy. Wundt established the world's first laboratory for psychology research in Leipzig, Germany, in 1879. He is often referred to as the father of experimental psychology.

Wundt founded a psychological school of thought known as voluntarism. Although he claimed that human consciousness could be broken down into smaller parts and studied, he also believed that humans were able to use their will to organize the basic components of consciousness into higher thought processes. While conducting research on the human mind, Wundt focused on elements he could control and measure objectively. His example laid the foundation for future researchers to design psychology experiments in carefully controlled settings.

Wundt's work contributed to the development of alternative schools of thought such as behaviorism, cognitive psychology, abnormal psychology, personality

psychology, social psychology, and structuralism. He passed away on August 3, 1920 at the age of 88.

Alfred Adler



Alfred Adler was an influential psychiatrist and physician from Vienna, Austria. He made significant contributions to the development of psychoanalysis and later founded the approach known as *individual psychology*. While some researchers resolved to examine human nature piece by piece, Adler believed that an individual should be studied as a whole. He suggested that innate feelings of inferiority (internal forces) and social influences (external forces) play a role in personality development.

Adler introduced a number of well-known concepts to the field of psychology such as *inferiority complex*, *superiority complex*, *compensation*, and *overcompensation*. His theories have primarily been applied to the field of mental health. Adler believed that a person with good mental health feels connected to the people around him, has a desire to help others, and is driven to be the best person he can be. Adlerian therapy helps clients to reduce exaggerated feelings they may have about themselves and increase their feelings of equality and community. Adler wrote a number of books throughout his professional life. Two of his most popular works are *The Practice and Theory of Individual*

Psychology (1924) and *The Pattern of Life* (1930). Adler died after suffering a heart attack in 1937.

Social Psychologists

Albert Bandura



Albert Bandura is a renowned Canadian-American social psychologist and author. He is known chiefly for developing the social learning theory (later renamed as the social cognitive theory), his Bobo doll experiments and his research on self-efficacy. Bandura believes that people can learn from each other via observation, imitation, and modeling. His work helped to bridge the gap between behaviorism and cognitive psychology.

Bandura's Bobo doll experiments in the early 1960s showed that young children can be influenced by the behavior of adults. Children who watched an adult hit a Bobo doll were more likely to hit the doll themselves. Bandura also highlighted how children may adjust their behaviors based on their observations of an adult being rewarded or punished for his or her actions. His research has been applied to a number of fields, including education, mental health, business, and advertising.

Many experts believe Bandura is the greatest psychologist alive today. Three of his most impactful books are *Social Learning Theory* (1977), *Social Foundations of Thought and Action: A Social Cognitive Theory* (1986),

and *Self-Efficacy: The Exercise of Control* (1997). Bandura is currently the David Starr Jordan Professor Emeritus of Social Science in Psychology at Stanford University.

Mary Ainsworth



Mary Ainsworth was an American-Canadian developmental psychologist who helped to lay the groundwork for attachment theory. She focused primarily on the bond between infants and their primary caregivers. Ainsworth's early work with John Bowlby showed that disruptions in a mother-infant relationship may hinder the development of the child's personality. She later developed the Strange Situation test to assess the nature of attachment relationships between infants and their primary caregivers.

Ainsworth's most popular books are *Child Care and the Growth of Love* (1965), *Infancy in Uganda* (1967), and *Patterns of Attachment: A Psychological Study of the Strange Situation* (1978). Her research on attachment has been applied to a variety of fields. For example, many modern-day parenting programs encourage strengthening the parent-child bond and reducing factors that may contribute to insecure attachment. In the mental health industry, Ainsworth's ideas are often employed during family therapy sessions. Ainsworth is often referred to as the "mother of attachment theory." In addition to her academic achievements, she was also highly respected for

standing up to sexism in the workplace. She passed away on March 21, 1999 at the age of 85.

Phillip Zimbardo



Phillip Zimbardo is an Italian-American psychologist who is best known for conducting the Stanford prison experiment in 1971. He designed the experiment to investigate how factors such as anonymity, rules, authority, context, and group identity may influence people who spend time in prison-like environments. Zimbardo recruited male college students for the study and randomly assigned them roles as guards or prisoners. Although Zimbardo intended to conduct the experiment for two weeks, it was terminated after just six days due to the declining living conditions in the mock prison and the toxic relationship that developed between the “guards” and the “prisoners.”

Zimbardo received much criticism for the unethical nature of his experiment, especially after some students claimed they were subjected to psychological torture. Other critics claimed Zimbardo’s methods lacked scientific rigor. Nevertheless, the Stanford prison experiment remains one of the most impactful studies in the history of social psychology. Zimbardo’s research has also influenced government policy in the United States regarding the management of prisons and other correctional facilities.

Zimbardo is currently professor emeritus at Stanford University. He has authored a number of books and is the founder and president of the Heroic Imagination Project.

Amy Cuddy



Amy Cuddy is an American social psychologist who is best known for developing the concept of “power posing.” A power pose is a particular posture or stance that a person mentally associates with resilience, strength, or success. Cuddy believes people can adopt power poses to help themselves feel more confident and powerful in a particular situation. The original research paper has been cited numerous times and has led to Cuddy receiving much media attention.

While Cuddy has experienced a lot of success in her career, her journey is not without its challenges. At the age of 19, she was involved in a major car accident that impacted her ability to walk, talk, and think. After the accident, Cuddy’s IQ dropped by 30 points and her doctors doubted that she would be able to finish college. Unwilling to give up, she took time off to heal and study; she was able to regain her mental and physical abilities in two years.

Cuddy is also a bestselling author. Her self-help book *Presence: Bringing Your Boldest Self to Your Biggest Challenges* (2015) has been translated into 32 languages. Today she works with the World Economic Forum and teaches at the Harvard Business School.

John Bowlby



John Bowlby was a British psychoanalyst, psychiatrist and developmental psychologist. He is widely considered to be the founder of attachment theory. Bowlby believed that infants have an innate ability to form a strong emotional connection with their mothers. He also suggested that disrupting the child-mother bond early in the child's life may contribute to the child developing cognitive, social, and emotional issues when he or she is older.

Bowlby's research highlighted the benefits of having strong early relationships. His work also helped to improve a number of professional domains such as counseling, healthcare, education, and social work. Bowlby served as a mentor and supporter of Mary Ainsworth, another famous psychologist who contributed greatly to the development of attachment theory. He laid an excellent foundation for future researchers to continue the work he pioneered.

Despite being raised in an upper-middle-class upbringing, Bowlby experienced separation several times during his childhood. These experiences may have ignited his interest in studying separation as an adult. John Bowlby passed away on September 2, 1990. He is one of the most cited and well-respected psychologists of all time.

David Dunning



David Dunning is an American social psychologist. He has conducted extensive research on topics such as social judgment, behavioral economics, eyewitness testimony, and decision-making. Dunning is best known for his work with psychologist Justin Krueger on a cognitive bias known as the Dunning-Krueger effect. The Dunning-Krueger effect refers to the phenomenon where people who are less capable at a task consider themselves to be significantly more capable than they are.

Dunning claimed that the Dunning-Krueger effect occurs because the skills needed to do a particular job well are the same skills needed to assess whether the job was completed properly. In other words, individuals who perform a task poorly also lack the skills needed to judge how poorly they performed. The Dunning-Krueger effect has been used to explain how people may behave in school, business, and politics. For example, a CEO who lacks the skills needed to manage a company well may be completely unaware of how incompetent he actually is.

Dunning currently serves as a professor of psychology at the University of Michigan and professor emeritus of psychology at Cornell University. In 2005, he published his first book titled *Self-Insight: Roadblocks and Detours on the Path to Knowing Thyself*.

Leon Festinger



Leon Festinger was an American psychologist who made significant contributions to the fields of cognitive psychology and social psychology. He is known primarily for developing his social comparison theory in 1954 and cognitive dissonance theory in 1957. Festinger's social comparison theory suggests people are motivated to assess their own abilities and opinions, and may compare themselves to similar individuals if no other evaluation tool is available. He claimed this type of social comparison may influence individuals to change their opinions to fit in with the crowd or improve their abilities if someone else seems more capable.

Festinger's cognitive dissonance theory explains the discomfort people feel when there is conflict between two or more of their cognitions. For example, a man who thinks he is a good father may feel mental distress if he knows his work restricts him from spending quality time with his children. Festinger's social comparison theory has been applied to fields such as marketing and healthcare. His cognitive dissonance theory has been implemented in a variety of industries that encourage positive behavior change. Leon Festinger died from cancer on February 11, 1989. In 2002, he was ranked as the 5th most eminent psychologist of the 20th century.

Stanley Milgram



Stanley Milgram was an American social psychologist who earned widespread recognition for his controversial series of experiments on obedience to authority. He was motivated to design his experiments after Adolf Eichmann—one of the major organizers of the Holocaust—was captured and brought to trial. The basis of Eichmann’s defense was that he was only following the orders he received from his superiors. Milgram was intrigued by this explanation and decided to investigate the extent to which people would follow orders from an authority figure if it meant they had to harm someone else.

Subjects in Milgram’s obedience experiments were told to administer an electric shock of increasing voltage each time an individual in an adjoining room made an error on a word test. Although the subjects were able to hear screams from the adjoining room, they obeyed the orders they received to continue the experiment. Milgram proposed two theories to account for this behavior: (1) the theory of conformism, and (2) the agentic state theory. His obedience experiments provided deep insight into human social behavior and highlighted the power of social pressure and conformity.

Milgram's work has impacted the criminal justice, counseling, and business sectors. He died on December 20, 1984.

Robert Cialdini



Robert Cialdini is an American social psychologist who has received widespread praise for his research on persuasion and influence. He is interested in finding out what makes people say “yes.” While most people may think that they make the majority of their decisions based on facts and logic, Cialdini believes many people use shortcuts to guide the choices they make. He identified six distinct shortcuts or principles of persuasion—reciprocity, scarcity, authority, consistency, liking, and consensus.

Cialdini claims people can become more convincing if they learn how to use his six principles of persuasion. He also believes many businesses can make big improvements by implementing small changes in their business plan to increase persuasion. Cialdini's theories have been implemented in fields such as marketing, healthcare, education, and politics. His client list contains major corporations such as Google and Microsoft, prestigious institutions such as Harvard University, former United States Secretary of State Hillary Clinton, and former United States President Barack Obama.

Robert Cialdini has published five books, including the classic *Influence: The Psychology of Persuasion*, (1984). He is a New York Times, USA Today, and Wall Street Journal best-selling author who has sold more than five million copies worldwide.

William Glasser



William Glasser was an American psychiatrist who founded choice theory and reality therapy. Choice theory is an approach to psychology that assumes that each person has the ability to control his own behavior but is unable to control the behavior of other individuals. According to choice theory, all psychological issues are due to problems people have in their relationships. Reality therapy is a form of counseling that is based on the principles of choice theory.

Glasser's theories have made a positive impact on a number of fields. In addition to helping people with mental health concerns, his concepts have been applied to areas such as parenting, marriage counseling, management, and education. Glasser believed that people had the power to make significant positive changes in their lives. He was also a major critic of using powerful, mind-altering medications to treat people with psychological problems.

Over the course of his career, Glasser wrote several groundbreaking books. Some of his most influential literary

works are *Reality Therapy* (1965), *Control Theory* (1985), *The Quality School* (1990), and *Choice Theory* (1998). Glasser died on August 23, 2013 after experiencing respiratory failure. He was 88 years old at the time of his death.

Kurt Lewin



Kurt Lewin was a German American psychologist who believed that human social behavior should be studied scientifically. His work contributed to the development of social psychology, organizational psychology, and applied psychology in the United States. Lewin is known for developing several theories and concepts, such as field theory, force field analysis, group dynamics, and action research. He is currently ranked as the 18th most influential psychologist of the 20th century.

Rather than studying one feature at a time, Lewin believed that humans should be studied as complete individuals. His field theory suggested that a person's behavior is determined by how he sees himself and his environment. Lewin's concept of force field analysis showed how people can make wise decisions even when faced with difficult choices. His work on group dynamics highlighted the reasons groups should be viewed as more than just the sum of their parts.

One aspect of human behavior that Lewin was particularly interested in is leadership. He frequently discussed different leadership styles and the pros and cons of each. Lewin also demonstrated how organizations can improve the quality of their work or service through action research. He passed away on February 11, 1947 at the age of 56.

**Source: 40+ Famous Psychologists
(Images + Biographies)
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The author's Concluding Words

In conclusion, the realm of educational psychology plays an indispensable role in shaping modern teaching practices and fostering optimal learning environments. By delving into the intricate interplay between cognitive, emotional, and social factors, educational psychology equips educators with a profound understanding of how students acquire knowledge and skills. This understanding, in turn, informs the design of instructional strategies, curriculum development, and classroom management techniques that cater to diverse learning styles and needs.

The importance of educational psychology extends beyond the confines of traditional pedagogy. It underscores the significance of individual differences, highlighting that each student possesses a unique combination of abilities, backgrounds, and experiences. Armed with this knowledge, teachers can adopt a differentiated approach, tailoring their instruction to accommodate varying paces of learning, aptitudes, and challenges. Moreover, recognizing the crucial role of motivation and self-efficacy, educators can cultivate a growth mindset in their students, fostering resilience, perseverance, and a love for lifelong learning.

Educational psychology principles serve as a mapping guide for educators navigating the complex terrain of teaching and learning. These principles emphasize the value of active engagement, meaningful learning experiences, and the application of knowledge to real-world contexts. By integrating these principles into their pedagogical practices, teachers can harness the innate curiosity and eagerness to explore inherent in all learners.

Indeed, educational psychology implications for teachers are far-reaching and transformative. Armed with insights into cognitive development, memory processes, and information processing, educators can optimize their instructional methods to enhance knowledge retention and application. Additionally, an understanding of social and emotional development empowers teachers to create inclusive, respectful, and empathetic classroom environments that foster positive relationships and emotional well-being.

As we contemplate the implications of educational psychology for teachers, it becomes evident that effective educators are not merely purveyors of information but architects of transformative experiences. By embracing the principles gleaned from educational psychology, teachers can transcend traditional boundaries, nurturing the intellectual, emotional, and social growth of their students. In doing so, they pave the way for a future where education is not just a means to an end, but a journey of self-discovery, empowerment, and lifelong enrichment.

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Dr..Bouazid Tayeb is a respected educator with over 40 years of experience in educational psychology and teaching. His dedication to bridging research and practice has earned him recognition as a thought leader in the field. Dr Bouazid is also the author of *Beehives*, *Golden Tears on Drooping Leaves* ,*Reflections* , *The Essence of Effective Writing Vol. 1* ,*The Essence of Effective Writing vol. 2* ,*The Feather and The Feminine Instinct* .

In this illuminating guide, Dr Tayeb Bouazid, a seasoned educator and expert in educational psychology, presents a holistic exploration of the intricate relationship between psychology and education. With a keen focus on practical applications and cutting-edge insights, this book is an indispensable resource for educators, students, and anyone interested in understanding the art and science of teaching and learning. These are the eight featuring aspects ...1.Comprehensive Coverage: Delve into the fundamental concepts of educational psychology across eight insightful chapters.2.Developmental Psychology: Understand how cognitive and emotional development influences the learning process. 3.Theories of Learning: Explore the prominent theories that shape our understanding of how individuals acquire knowledge.4.Motivation and Learning: Discover strategies to ignite and sustain students' motivation for optimal learning outcomes.5.Effective Teaching: Gain insights into evidence-based teaching methods that engage and empower learners.6.Classroom Management: Learn proven techniques for creating a conducive and organized learning environment.7.Special Education: Navigate the challenges and opportunities of inclusive education with empathy and expertise and 8.Technology and Learning: Explore the dynamic role of technology in modern educational settings.



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