

Psychology 12**14-3 Learning Theories**

On a separate piece of paper, speculate what a behaviourist and social cognitivist would say or do in attempts to help the following individuals.

1. James is 16 years old and has just moved from Ontario to Squamish away from his abusive, alcoholic father to live with his 19 year old sister and her 21 year old boyfriend. James' sister ran away with her boyfriend to Squamish 2 years ahead of James. James attends classes and comes across as intelligent, but underperforms. During class, James will either fall asleep, act out, or participate appropriately, and teachers can't tell which James will be in class that day. When teachers question James about his underperformance, sleep patterns and inappropriate behavior, he shouts at his teachers, he might toss a book across the room, and he storms out. He has been suspended multiple times. He is at risk of being expelled.
2. Christa is 14 years old. She has an older brother in law school, her father is a lawyer and her mother is a stay at home mother who heads two charities. Christa has excellent grades in school, asks questions when she does not understand, and asks how she can do better next time. Christa is also in dance and is doing her final testing to move up to the next level—she has never failed a dance test. Christa has played the piano since she was 5 years old and recently took up private flute lessons. Christa has few close friends and many of the girls at school dislike her. The boys do not pay attention to her. Christa has recently begun restricting her caloric intake and exercising profusely—even on dance days. She is losing weight. Her mother commented that she was starting to look really good and her father congratulated her on her self-control.