

# COGNITIVE THEORY ESSAY

*Free Essays from Bartleby | Cognitive Development Theory Sarah Self Pikes Peak Community College Psychology June 23, Instructor Routh.*

A therapist may want to review with an individual insight of the event providing an opportunity for preventative strategies and be able to develop self-monitoring skills to be included in the plan. This stage takes place from birth to age 2. They can now mentally reverse the direction of their thoughts and learn how to add and subtract. According to the lecture notes, the main strength of the psychological perspective is that it specifies the Cognitive, Cognitive Behavioral, and Reality Theories words - 5 pages Cognitive, Cognitive Behavioral and Reality Theories Cognitive Theory Cognitive theory is a learning approach in psychology that attempts to explain the behavior of humans by studying thoughts and reasoning process. Piaget made great contributions in comprehending how children perceived the world One of the first names that comes to mind when thinking of cognitive development is Piaget. According to Tolman, this is latent learning. And, just like every theory there are pros and cons. Paul Branscum developed a study to decrease obesity amongst children in his dissertation at the University of Cincinnati to explore how the use of the SCT in an after-school program may be helpful in preventing obesity in elementary aged children Personally, my family affects a lot of the decisions in my life Along the way Piaget coined key concepts to explain the theory. The cognitive development theory detailed observational studies of cognition in children by a series of tests, which furthermore revealed different cognitive abilities. Theorist Jean Piaget developed the stages of cognitive development according to age and how individuals learn through their environment and senses. Growing up in Switzerland with his professor father and French mother, Piaget had a profound interest in zoology and the natural world. This is constantly debated throughout study after study. People learn new behaviors by the process of replication of the actions and behaviours of others. Scholars have recommended that kids are unequipped for comprehension the world until they achieve a specific phase of cognitive development. Lately, incompatibility is when the cause does not make an effect that was first hypothesized. Among these models are the psychodynamic theory, the five factor theory, humanistic theory, and social-cognitive theory For instance, Bandura argues that a person cannot learn how to swim if they drowned first In this theory, thinking progresses through four distinct stages between infancy and adulthood.