

John b. watson



**ASSIGN
BUSTER**

The term behaviorism refers to the school of psychology founded by John B. Watson based on the belief that behaviors can be measured, trained, and changed. (<http://psychology.about.com/od/behavioralpsychology/f/behaviorism.tm>) With Kinesthetic and Visual my next top two, Behaviorist Theory fits well as far as looking at others or to the environment to learn. Again, I take it back to my kids and how they watch what I do and learn from either what I teach them or from their own mistakes and me teaching them what are right. Being in the military also works well, due to the amount of training we received and how we are rated for our performance as a soldier. Rewards are awarded for doing well which is positive reinforcement and drives a soldier to continue to learn and earn the next rank or position. Aural, Visual and Kinesthetic will affect my education pursuit as an adult learner. According to Clark Hull's Drive Reduction Theory " behavior occurs in response to " drives" such as hunger, thirst, sexual interest, feeling cold, etc. When the goal of the drive is attained (food, water, mating, warmth) the drive is reduced, at least temporarily. " (<http://www.lifecircles-inc.com/Learningtheories/behaviorism/clarkhull.html>) As an adult learner in the military and needing education to be able to be selected for the next rank, my learning style will have to be at its best.

Clark Hull's theory fits my learning ability pretty well, in the manner that I need to finish school and get my degree to move up in rank. Prior to getting my Associates degree, I had no motivation to attend school. When I found out I needed certain classes to become a Warrant Officer it gave me a drive to work to get those classes done and then some. Now I find myself thinking that I will not need any more schooling, but to be separate from my peers I

have to complete a Bachelors degree. Not only will this help in the now, as far as rank, but when I retire I will have a degree to assist in a good paying ob.

In closing, I am not too shocked at the results that I got from the V questionnaire and agree entirely to have Aural my top pick. I need that visual aid or picture to help me become a better learner and understand whatever is being taught. Doing the research on my VARK results and what type of learning theories can relate, I have learned there are different ways to learning and each learning theory has a theory that some Psychology major created. i. e. Clark Hull and his Drive Reduction Theory. I have related my VARK to the Behaviorist Theory and Social Learning Theory.