

## Reflection - Class Session 9.17.12

What a great class!! I was surprised to learn that I knew so much about behaviorism. I did the readings, as well as some other research, but my ability to apply what I read to the situations and questions in class was really good. At least, it made me feel good. Completely opposite from last week's class, I was full of energy and opinions. I will admit, a lot of the way class went for me today had to do with my energy level. I really need to make it a point to get as much sleep/rest as possible on Sunday nights and during the day on Monday. Unfortunately, my job doesn't allow for much down time, but today, I was able to escape early for a nap. It might sound juvenile, but am at a point in my life where I NEED naps or I can't focus.

Anyway, back to how great I felt about class this evening. It was not as much of an information overload, which is how I usually feel after class. I think that by me being more involved in the discussion that usual I was able to retain and process the information that I received. Also, the teaching style today was a little more group-work/hands on oriented, which is the optimal way for me to learn and to retain when I learn. I can recall the situations/happenings of class to help me remember key concepts. For example, I can easily analyze how the use of the candy was a reinforcement for behavior.

Speaking of behavior, I also liked how tonight's class was all about behaviorists. It really gave me a chance to delve into the behaviorist point of view and pretend that that was what I solely believed. At this point, I don't think that it really is what I believe, but at least I can identify it's main concepts and the vocabulary used to describe it.

I finally feel like I'm caught up with the structure of the course and I have a good idea of how I want to organize my KB. The task now is finding the time to do that! It's already 10:30 and besides that fact that I'm exhausted, I can't stop my brain from spitting out ideas. However, I have to remember that in order to function properly at work tomorrow, among other reasons, I have to get enough rest. I wish my job allowed me more "spare" time to jot down ideas or work on my plan a little bit.

So, when it comes to the behaviorist portion of the KB, I think I'll be able to cover it pretty well. The most difficult part will probably be the wording of my learning situation. Because I know the most about behaviorists right now, I feel like I'll favor that sort of proof while writing my learning situation. I suppose in order to alleviate this problem I'll have to read lots about cognitivism and social theory so I can be fair in my wording to make sure I'll have the "proof" of each theory of learning. So that is the next step. I need to write my learning situation, which I have a pretty good idea of, but still need to fine tune the wording.

So, after writing all of that, I guess it *was* kind of an information overload, just as in the other class sessions, but the difference this time was that I understood more of it. Perhaps I'm more interested in behaviorist theory than I anticipated!