

Observational Learning

- Observational Learning
 - learning by observing others
- Modeling
 - process of observing and imitating a specific behavior
- Prosocial Behavior
 - positive, constructive, helpful behavior
 - opposite of antisocial behavior
- What is a Antisocial Behavior?

Observational Learning



- Albert Bandura and his BoBo Doll
- We learn through modeling behavior from others.
- Observational learning + Operant Conditioning = **Social Learning Theory**



Observational Learning

- Mirror Neurons
 - frontal lobe neurons that fire when performing certain actions or when observing another doing so
 - may enable imitation, language learning, and empathy

Other Terms

- **Learned Helplessness** – When a person repeatedly fails at something and gives up or loses confidence (dogs being shocked).
 - Learn that no matter what you do you fail, so you give up or do not have any confidence.
 - Is a possible explanation for depression.