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summary many people mistakenly believe that people are born learners or they re not however a growing body of research shows that learning is a learned behavior through the deliberate use latent learning is a form of learning that occurs without any obvious reinforcement of the behavior or associations that are learned according to albert bandura learning can occur by watching others and then modeling what they do or say key points learning is defined as a relatively permanent change in knowledge or behavior due to experience learning is a complex process how what and how well people learn is influenced by learning theories in psychology explain how people acquire knowledge explore some major learning theories include behaviorism cognitivism and constructivism this learning study guide offers a brief overview of some of the major learning issues including behaviorism classical and operant conditioning let s learn a bit more about the psychology of learning instincts and reflexes are innate behaviors they occur naturally and do not involve learning in contrast learning is a change in behavior or knowledge that results from experience there are three main types of learning classical conditioning operant conditioning and observational learning

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