

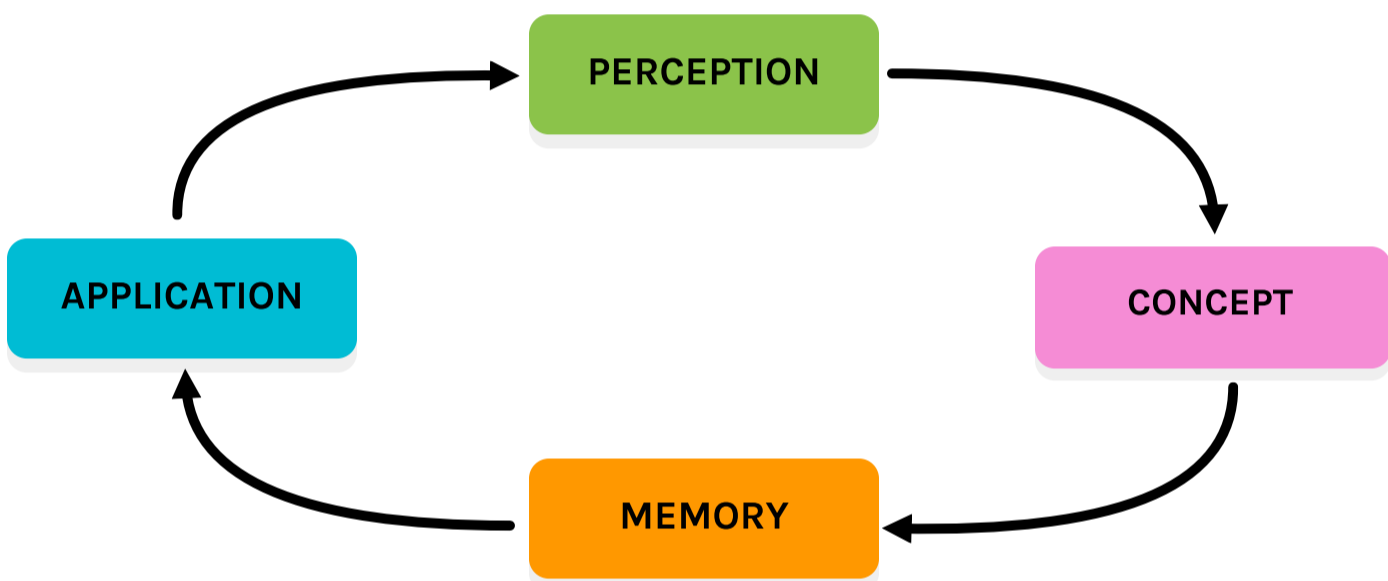
COGNITIVE LEARNING

What is Cognitive Learning?

Cognitive is derived from the word 'cognition', which is described as the 'the acquisition of knowledge or skills through experience, study, or by being taught'. Whether we realize it or not, cognitive learning shapes much of our development right from the time we're born. Cognitive learning is a term used to describe the way an individual's brain processes information, learns things and solves problems based on the sensory inputs they receive from the world around them.

What is Cognitive Learning Style?

The brain and its cognitive functions are what shapes our learning and development. As we evolve, so have our learning thresholds. Cognitive learning styles describe the tendencies of behaviors that occur during thinking and learning. It is the manner in which an individual processes stimuli. Since it is an intrinsic part of an individual's behavior, it is considered to be a personality component. Cognitive learning styles have the ability to influence people's attitudes, values and relationships.



The process of cognitive learning can be broadly split into 4 parts:

- Perception i.e. the process of interpretation and recognition of sensory experience that is received from external stimuli.
- Conceptualization i.e. the process of organizing the information perceived into categories based on their definitive features.
- Memorization i.e. the process of storing and recollecting the information learned. However, this does not refer to learning it by heart but understanding the process.
- Application i.e. the process of interpreting and using information in appropriate situations.

The brain is a monstrous, beautiful mess. Its billions of nerve cells - called neurons - lie in a tangled web that displays cognitive powers far exceeding any of the silicon machines we have built to mimic it.

-William Allman, Physician and Botanist

TYPES OF COGNITIVE LEARNING

EXPLICIT

Explicit learning is intentionally seeking out new information, skills and knowledge with the purpose of using it in everyday life. Eg: Learning coding via classroom coaching.

IMPLICIT

Implicit learning is the learning of a cognitive or behavioral task that occurs without intention to learn or awareness of what has been learned. Eg: Learning to ride a bicycle, swimming etc.

CO-OPERATIVE

Cooperative learning is the learning of new information and skills as part of a team. It is important to every team member to actively participate and interact with the team for this type of learning to be effective. Eg: Group project work, debates, etc.

COLLABORATIVE

Collaborative learning is when one team member gains some knowledge or skills and then passes them on to the rest of the team. Eg: Training programs.

EMOTIONAL

Emotional learning is one where you learn to control your emotions and understand those of others. It is extremely important to understand people you interact with in order to build healthy relationships with them.

EXPERIENTIAL

Experiential learning is gaining knowledge by way of experiencing and reflecting on positive and negative things you face. Eg: Learning about plants through gardening.

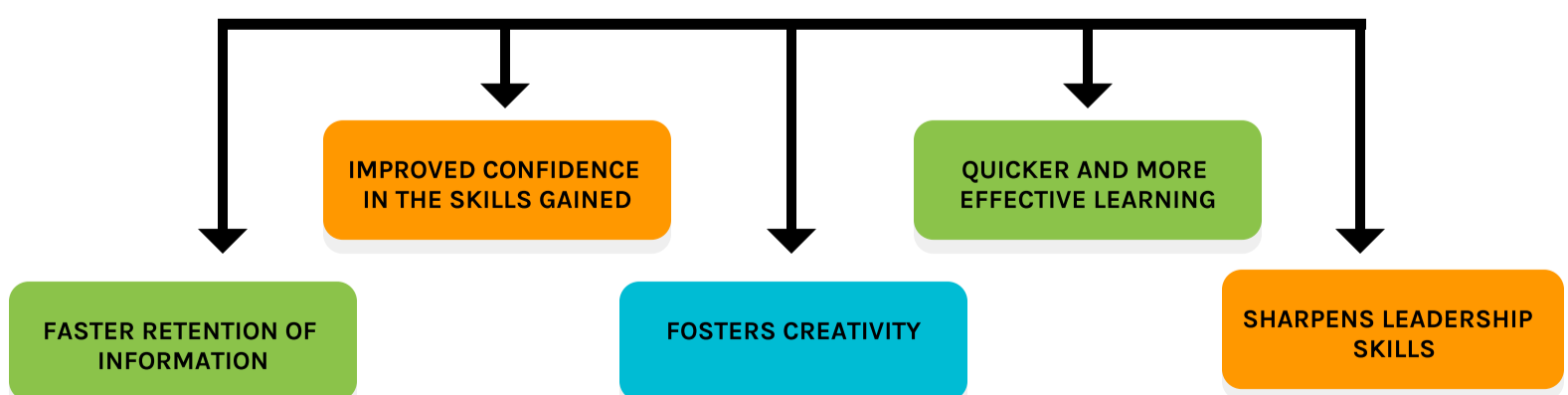
RECEPTIVE

Receptive learning is cognitive learning where a listener is listening to, assimilating and understanding the words of a speaker to gain knowledge or skills. There is usually one person delivering information and one or many receiving it. Eg: Classroom teaching.

IMITATION

Imitation learning is simply copying or mirroring the behavior and actions of someone else. It is a crucial aspect of skill development and also the earliest and simplest form of learning. Eg: A child learning to do things by observing adults.

BENEFITS OF COGNITIVE LEARNING



Sources:

<https://in.indeed.com/career-advice/career-development/cognitive-learning>

<https://www.thetechadvocate.org/what-is-cognitive-learning/>