SWK 3450 Human Behavior & Social Environment I Reflection

Theory Paper

This paper enlightened me on the differences of two theories; the psychosocial theory and the social learning theory. By researching the two theories I gained a better understanding about how each of them can be used throughout each stage of life. Each theory has its strengths as well as its weaknesses and as a social worker, it would be my decision to determine which one would benefit my client(s) best.

My main focus was on that of the social learning theory where learned behavior is a result of observation of others. I had always thought this to be completely true but after my research on the topic, I learned that although concept of the social learning theory works we again have to remember that while people are not the same this theory may not work for some. This specific was interesting to me because I have children of my own and as I watch them grow, I have learned that their actions are not always a result of what they learn from their parents but also what they learn and observe from their peers. I have also realized that I too learned behaviors from others around me in addition to my family.

As social workers, we can be those people who others observe making a difference, helping and advocating to those who are oppressed, and providing vital services and resources to those in need. This paper also allowed me to gain an understanding of how to differentiate between the two theories. I was also able find out information about other theories that I did not use in my paper.