

# Learning paradigms

Learning theories are usually divided into several [paradigms](#) which represent different perspectives on the learning process. [Theories](#) within the same paradigm share the same point of view. Currently, the most commonly accepted learning paradigms are behaviorism, cognitivism, constructivism, connectivism, social learning and humanism but there are others as well.

Here we will refer to named learning paradigms and their related learning and instructional design theories. A brief overview of the paradigms follows, and more information can be obtained by clicking on each paradigm name.

- [Behaviorism](#)
- [Cognitivism](#)
- [Humanism](#)
- [Constructivism](#)
- [Connectivism](#)

A [brief comparison of learning paradigms](#) can be used to better understand their differences and similarities.

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