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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*, and *humanism*.¹⁾.

Here we will refer to the 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.

1)

In some resources *social learning* is sometimes added as a paradigm, *humanism* or *constructivism* are ignored and *connectivism* is a new paradigm that is still not widely accepted.

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