

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 basic 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.

A list of all learning theories and instructional design models can be found [here](#).

¹⁾

In some resources *social learning* is 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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