

Learning by Observation

Monkey See, Monkey Do

Learning by Observation

“We are, in truth,
more than half
what we are by
imitation.”

-Lord Chesterfield
(1694-1773)

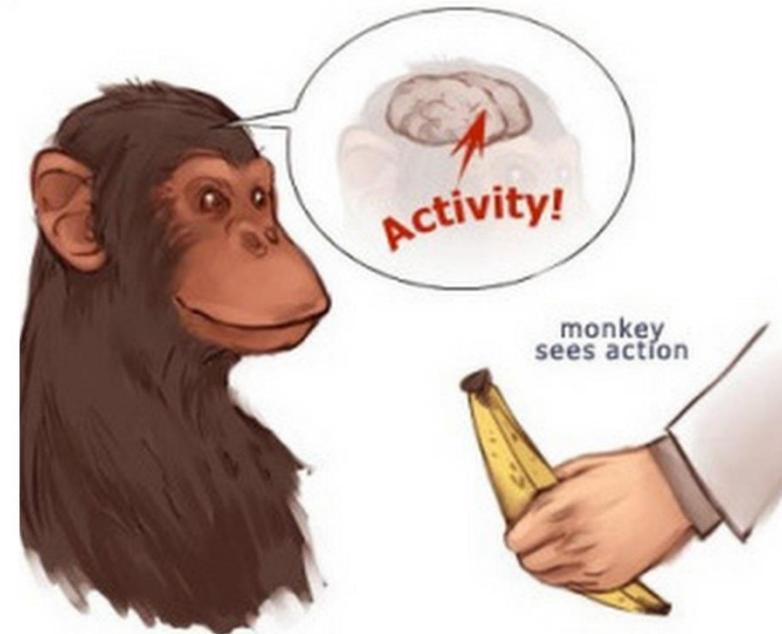


What have you learned this way?

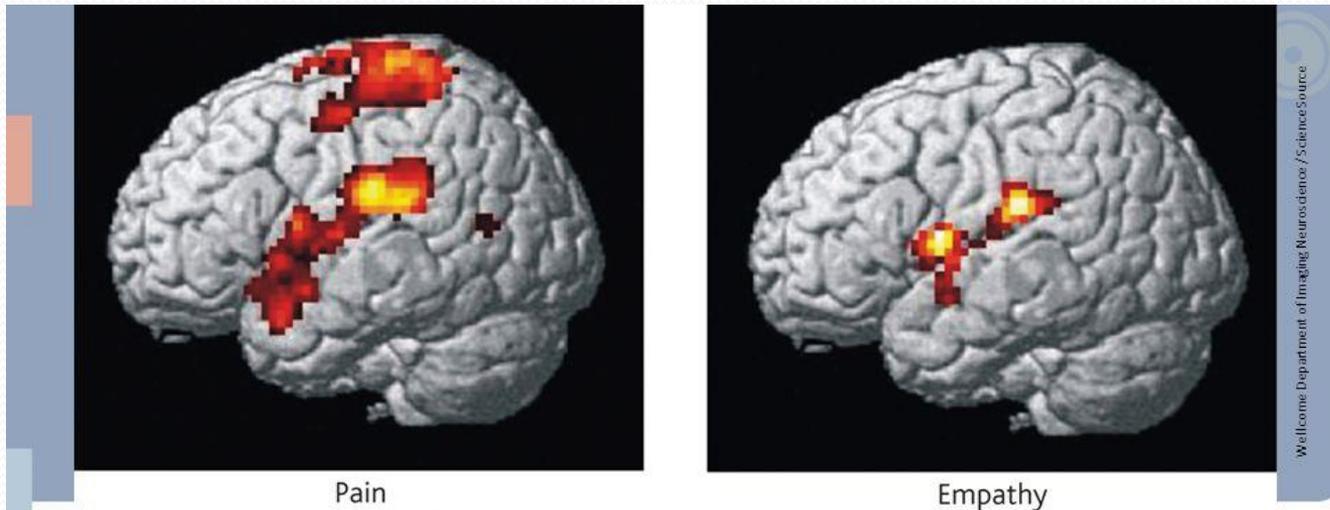
- In your notes, list at least 5 things that you have learned by observation. Think back to your childhood!

Mirror Neurons

- Provide a basis for imitation and observational neurons.



Mirror Neurons



EXPERIENCED AND IMAGINED PAIN IN THE BRAIN

Brain activity related to actual pain (left) is mirrored in the brain of an observing loved one (right). Empathy in the brain shows up in areas that process emotions, but not in the areas that register physical pain.

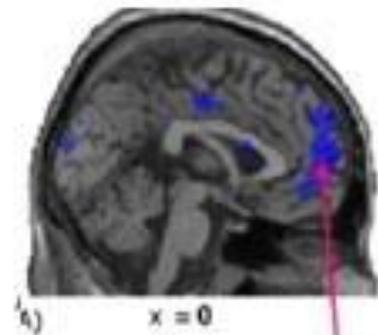
Other Examples

- **Shortly After Birth:** Imitate adult sticking out tongue. (Jones 2007)
- **12 Months:** Looking where an adult is looking. (Brooks and Meltzoff, 2005)
- **14 Months:** Imitate acts modeled on TV (Meltzoff, 1988)

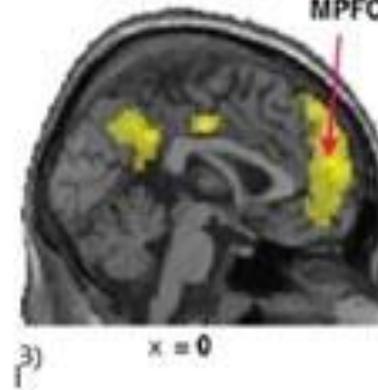


Larger Impacts of Mirror Neurons

- Develop empathy and imitation
- Infer mental state
- Make emotions contagious
- Underlie our intensely social nature



Imagining
Self in Pain



Imagining
Another in Pain

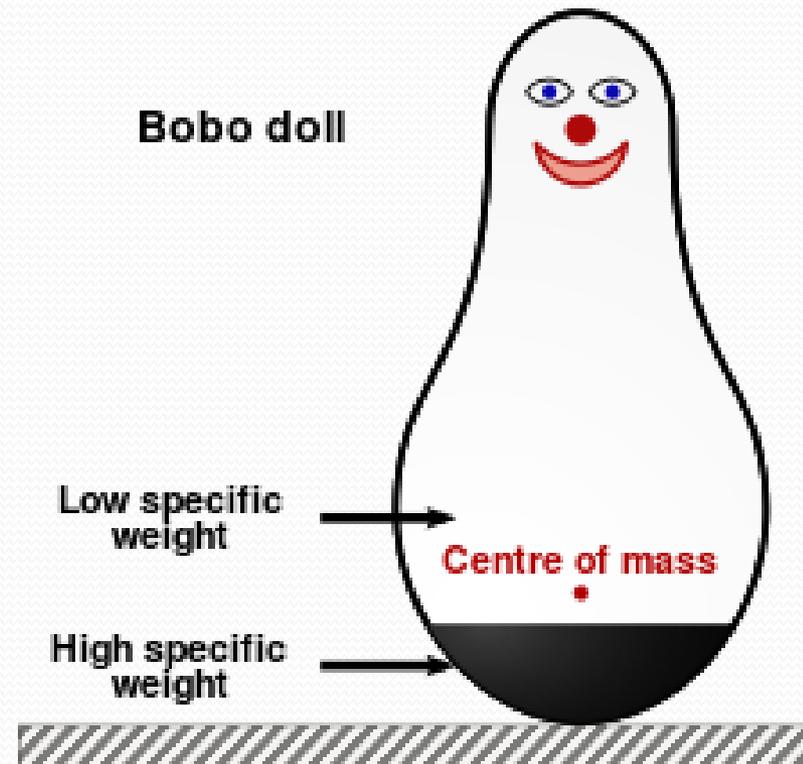
How far does this go?

Pair/Share:

- Do you think children learn violent behavior by observing adults? Explain.
- Do you think that watching violent media (TV, video games, etc.) increases aggressive behavior? Explain.

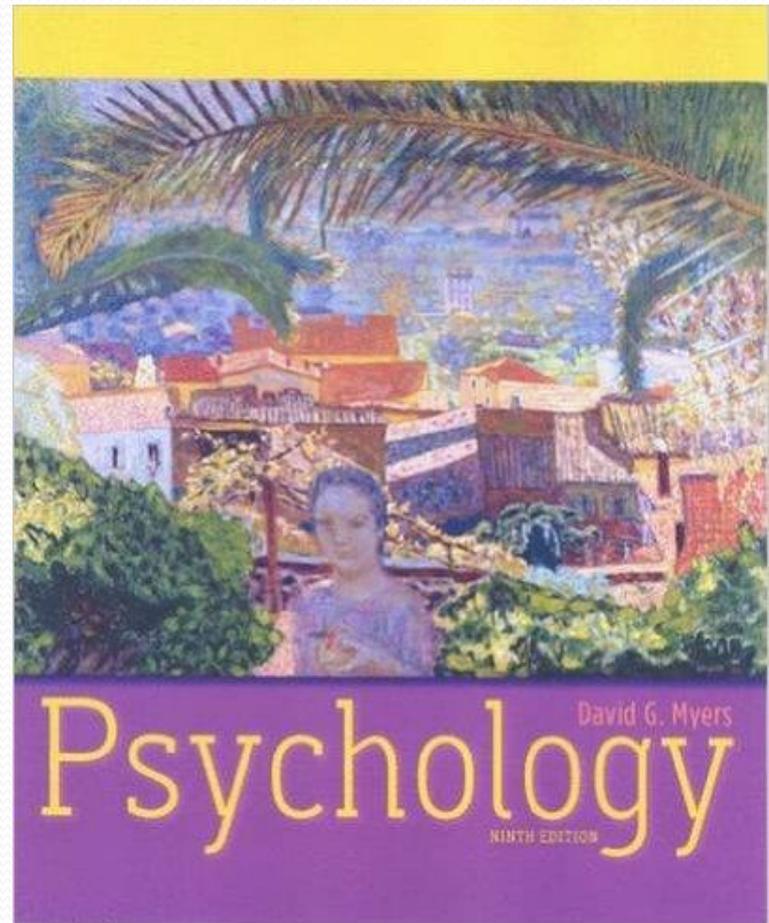
Albert Bandura: Bobo Doll

- Take notes on:
 - Experiment design:
What was the experiment?
 - What were Bandura's conclusions?
 - What makes us more likely to imitate behaviors?



Reading a Textbook Effectively

- Multiply # of pages by 5 minutes.
- Divide into 10 page chunks
- Don't read for longer than an hour or so at a time without a break



Textbook Strategies

SURVEY

- Read headings and subtopics, guiding questions.
- Anticipate what the section is about: What is the topic? What do you already know about this topic?

READ ACTIVELY

- Read at least one complete paragraph or short section before taking notes
- Highlight a phrase or two (NOT SENTENCES!) that contain the essential information
- Write notes, IN YOUR OWN WORDS
- Repeat for each short section

REVIEW

- At the end of your 10 page chunk,
 - Summarize the main points of what you have read/learned
 - Make a list of connections to other things you know/have read
 - Write any questions you still have about what you have read

Your Assignment

- Read textbook chunk I gave you
- Take notes, using the methods we just reviewed
- One paragraph response:
 - Were you surprised by the extent of influence media seems to exert over behavior? What does this make you think about your own media viewing habits?