

Tapescripts

These materials have been designed to complement *Teaching Communication, Skills and Competencies for the International Workplace*, [Routledge](#).

Introductory Unit

Extension Task E-IU.2 = Cognitivism

Cognitivism is the learning theory that explains how the mind receives, organises, stores and retrieves information; in other words, cognitivism studies how the mind processes information.

This means that, for cognitivism, learning is a set of **internal** mental processes in which learners are involved as active information processors rather than merely passive receivers. In this respect, cognitivism may be said to represent a reaction to behaviourism.

The main principle of cognitivism is how learners can acquire new knowledge. Knowledge, for cognitivists, is a series of mental models they called "schemata" and learning takes place when the learners' schemata are changed.

Therefore, Learning is a mental process in which information is:

- organised, and sometimes re-organised, into mental models
- sequenced and presented to learners in a meaningful way, and
- organised pedagogically by means of learning tools and strategies in order to support the memorisation, retention and recall of such information.