**My Human Development and Learning Theory**

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Human development and learning (HDL) consists of cognitive, behavioural, emotional, and physical progression (just to name a few aspects) within sociocultural contexts. It is a lifelong journey that involves the acquisition of a multitude of skills through experience and understanding.

HDL occurs over time, but it does not strictly need to occur in a linear formation; relearning may occur over time and with experience. Although there are developmental guidelines for what and when development should occur, learning may occur in different ways and at different rates for different people (as influenced by both intrinsic and extrinsic factors operating across various systems). Moreover, there are various cross-cultural meanings and progressions for development and these guidelines change from place to place, person to person, and time to time. Also, an individual may be unable or unwilling to do something by/at a particular time. HDL is built upon existing concepts and understandings that one has experienced and understood. Development occurs biologically and learning occurs simultaneously by seeing and doing, through trial and error. However, opportunities must be provided for learning to occur. Although there is a genetic influence in development (the nature debate), the environments in which one’s interactions take place play a more significant role in development (the nurture debate). Meaningful learning takes place when an individual makes sense of the world around them by relating to it and making it their own. Collaboration with others is also important for development in order to understand and appreciate different perspectives, and to also challenge one’s own biases.

As an educator, I provide opportunities for my students to engage in meaningful learning. They relate to the course content so it makes sense to their lives outside of the classroom. They construct their own knowledge with my guidance and are encouraged to be lifelong learners.