

Oct 2017

### QUESTIONS ON THE SOCIAL COGNITIVE LEARNING APPROACH

#### QUESTION 11

Bandura's theory of reciprocal determinism can best be characterised as

- (1) a positivistic approach that relies on environmental determinism
- (2) a social behavioural approach in which the immediate social context determines an individual's behaviour
- (3) a cognitive approach in which cognitive, subjective and environmental factors determine behaviour
- (4) an interactional approach in which an interplay between the environmental, personal and behavioural factors determine behaviour

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#### QUESTION 12

Jack's Mathematics teacher clearly indicates the sections that he should study for his Mathematics examination. However, Jack decides to learn the sections he thinks are important. Unfortunately, he fails his examination at the end of the year. He realises that he has only himself to blame and decides that in future he will pay more attention to what his teacher highlights. According to Rotter, Jack has (a) \_\_\_\_, which means that Jack (b) \_\_\_\_.

- (1) (a) an external locus of control  
(b) believes that his life is controlled by circumstances beyond his control
- (2) (a) an internal locus of control  
(b) believes that his decisions influence his life negatively or positively
- (3) (a) low self-efficacy  
(b) has little confidence in his teacher
- (4) (a) a self-reflective capability  
(b) now believes that his teacher knows best

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#### QUESTION 13

Susan plays hockey for her school's first team. The coach of the provincial team observes her play, and invites her to play for the provincial team. Susan declines the offer because she does not think that she is good enough. According to Bandura's theory, (a) \_\_\_\_ plays an important role in Susan's decision. This means that (b) \_\_\_\_.

- (1) (a) self-regulation  
(b) Susan has to regulate her behaviour. If she plays for the provincial team, she will neglect her school team
- (2) (a) expectancy  
(b) Susan's schoolmates expect her to play for their team
- (3) (a) self-efficacy  
(b) Susan does not have confidence in her ability to play hockey well enough for the provincial team
- (4) (a) internal locus of control  
(b) Susan does not allow an external person like the coach, to decide for her what she should or should not do



Read the following story carefully and in terms of social cognitive learning theory answer Questions 14 to 16, which are based on this story

Will, Jeffrey and Paula are all accomplished musicians, but acquired their musical skills in different ways. Will learned to play the violin by taking music lessons from a teacher. The music teacher praised him when he played well and corrected him when he made mistakes. Jeffrey, on the other hand, did not take any music lessons, but learned to play the piano by watching his sister play. He noticed when his mother corrected his sister and was very impressed when she participated in music competitions and won prizes. Finally, Paula learned to play the guitar from instructions in a book. Paula practised by herself, corrected herself when she made mistakes, and felt a surge of pride in herself when she played correctly.

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#### QUESTION 14

Will learned to play the violin through (a) \_\_\_\_\_, whereas Jeffrey learned to play the piano through (b) \_\_\_\_\_, and Paula learned to play the guitar through (c) \_\_\_\_\_

- (1) (a) observational learning (b) direct experience  
(c) participant modelling
- (2) (a) self-regulation (b) vicarious reinforcement  
(c) observational learning
- (3) (a) direct experience (b) observational learning  
(c) self-regulation
- (4) (a) direct learning (b) participant modelling  
(c) direct learning

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#### QUESTION 15

In the example above, Jeffrey is the (a) \_\_\_\_\_, Jeffrey's sister is the (b) \_\_\_\_\_, and Jeffrey's mother is the (c) \_\_\_\_\_

- (1) (a) model (b) reinforcement agent  
(c) observer
- (2) (a) observer (b) model  
(c) reinforcement agent
- (3) (a) model (b) observer  
(c) reinforcement agent
- (4) (a) reinforcement agent (b) model  
(c) observer

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#### QUESTION 16

Paula's sense of pride in her achievement refers to

- (1) external self-reinforcement
- (2) internal self-reinforcement
- (3) direct reinforcement
- (4) vicarious reinforcement



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### QUESTION 17

One morning, as Kim's father is driving her to school, he notices a dog lying on the side of the road. He stops and approaches the dog that is very badly wounded. He returns to the boot of his car and fetches a box into which he can put the dog. He gently picks the dog up and places it in the box. He takes the dog to the vet who is very impressed at Kim's father's kindness. When Emily, one of Kim's friends, falls off the jungle gym at school, Kim is the first one to reach her. She gently helps her up and takes her to the teacher. In terms of social cognitive learning theory, Kim's kindness to others who are in need is an example of

- (1) imitation
- (2) counter-imitation
- (3) modelling
- (4) generalisation

(coping dad)

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### QUESTION 18

Marianne is a student of psychology and worked very hard to pass the course in Personology. After discovering that she had passed with a distinction, she buys herself a new dress. Her parents are also very pleased and invite her to a meal in an expensive restaurant. The dress Marianne bought can be viewed as (a) \_\_\_\_\_, while the meal her parents treated her to as (b) \_\_\_\_\_.

- (1) (a) internal self-reinforcement (b) vicarious reinforcement
- (2) (a) internal self-reinforcement (b) external reinforcement
- (3) (a) external self-reinforcement (b) vicarious reinforcement
- (4) (a) external self-reinforcement (b) direct reinforcement

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### QUESTION 19

Which of the following individuals is an optimally functioning person according to the social cognitive learning approach?

- (a) Peter succeeds in producing behaviour that meets his own standards
- (b) John sees himself as he really is and his self-concept is in accordance with his actual potential
- (c) Joe neither overestimates nor underestimates his own abilities
- (d) Mary has an internal locus of control, a feature that is regarded as desirable in her culture

The correct answer is

- (1) Peter
- (2) John
- (3) Peter, Joe and Mary
- (4) Peter and Joe

### QUESTION 20

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According to the social cognitive learning approach, people develop characteristic styles in their attempts to explain the events in their environments. Identify the styles used by Stephen in the following scenario.

Stephen has lost his job. He blames himself for it and feels that he is a complete failure [(a) a/an \_\_\_\_ style]. He believes that he is too bad tempered and impatient to keep any job, and that he will always be like that [(b) a \_\_\_\_ style]. His whole life is disrupted, and he believes that he will also lose his house, his car and his wife [(c) a \_\_\_\_ style].

- |                  |               |              |
|------------------|---------------|--------------|
| (1) (a) external | (b) global    | (c) limited  |
| (2) (a) internal | (b) stable    | (c) global   |
| (3) (a) helpless | (b) transient | (c) global   |
| (4) (a) internal | (b) stable    | (c) helpless |



may 2017 + oct 2013

## QUESTIONS ON SOCIAL COGNITIVE LEARNING THEORY

### QUESTION 11

Which one of the following statements about Bandura's theory is **CORRECT**?

- 1 Drive satisfaction is an important aspect of human functioning
- 2 Behaviour is not determined by the environment
- 3 **An individual has a degree of freedom in determining his or her own behaviour**
- 4 Bandura does not take cognitive processes into account in explaining human behaviour

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Read the following story and answer questions 12-16, which are based on this story, in terms of Bandura's theory

Monica is the best ballet dancer in her team. Their weekly practice lessons are conducted by an internationally acclaimed ballet dancer **Sophy McGee** whom they all admire and hold in high regard. Monica's younger sister, **Brenda**, accompanies her to the practice lessons without fail. **Sophy gives attention to the whole team but she focuses more on Monica.** Although **Sophy reprimands Monica** about her faulty posture, she is very proud of her progress. She takes pains with demonstrating and making certain that Monica copies and performs her steps at a very high professional level. Monica's mastery earned her credits when she was chosen to represent her school at the regional competition. **Brenda and the team congratulated her for her excellence.** She was over the moon with her achievement and she felt very proud of herself. Her parents rewarded her with an expensive pair of ballet shoes that she had desired to own for a long time. The younger sister, **Brenda**, is beside herself with excitement and pride about her elder sister's achievement. At the regional competition, **Brenda surprised everyone when she unexpectedly took to the stage and flawlessly demonstrated all the steps that her sister was taught during the practice sessions.** She **grinned with pride when she received a standing ovation from the observers.**

### QUESTION 12

What kind(s) of learning, according to Bandura's theory, are involved in the elder sister Monica's learning process?

- 1 Observational learning
- 2 Observational and direct learning
- 3 Observational learning and self-regulation
- 4 **Observational learning, direct learning and self-regulation**

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### QUESTION 13

Who serve(s) as the model(s) in the learning process of Brenda, the younger sister?

- 1 **Sophy and Monica**
- 2 The ballet team
- 3 Monica
- 4 Sophy

( Brenda - looks up to them to learn )



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QUESTION 14

The fact that the dancers admire and hold Sophy in high regard increases the likelihood that they will model her steps. This factor, which influences observational learning, is coupled with

- 1 the results of the model's behaviour
- 2 the status of the model
- 3 the qualities of the observer
- 4 self-efficacy

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QUESTION 15

Who serve(s) as the reinforcing agent(s) in the learning process of Monica, the elder sister?

- 1 Her parents
- 2 Sophy
- 3 Sophy, the ballet team and her (Monica's) parents
- 4 The ballet team

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QUESTION 16

The fact that Sophy admonishes Monica for her faulty posture serves as (a) - - - - for Monica, but as (b) - - - - for Brenda, the younger sister

- |                              |                                 |
|------------------------------|---------------------------------|
| 1 (a) direct punishment      | (b) vicarious punishment        |
| 2 (a) negative reinforcement | (b) direct punishment           |
| 3 (a) vicarious punishment   | (b) direct punishment           |
| 4 (a) direct punishment      | (b) external self-reinforcement |

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QUESTION 17

Peter is a member of a soccer team. His coach uses the principles of social learning theory to improve his team's soccer-playing skills, for example, he gives Peter a new soccer jersey when he plays well and he takes his team to games when the South African Bafana-Bafana soccer team is playing. When the team wins they reward themselves by eating out. Despite all this, however, Peter believes that he simply does not have the talent to play well, and his game does not improve.

According to Bandura's theory Peter's lack of progress is attributable to a lack of

- 1 direct learning
- 2 self-regulation
- 3 self-efficacy
- 4 observational learning

(thinking of him self  
and his efficacy)



friend Pun = Counterimitation

friend's move (No) problems

MAY 2017

1 OCT 2013

### QUESTION 18

Linda and Susan saw their teacher issuing a detention card to their friend for not listening in class. Linda and Susan were so afraid of their parents' reaction should they get detention that they decided not to sit next to one another in class any more so that they could pay better attention. In terms of Bandura's theory, it can be said that

- 1 Linda and Susan were vicariously reinforced by observing their friend in class
- 2 the friend's punishment led to counter imitation by Linda and Susan
- 3 Linda and Susan were negatively reinforced by the teacher's behaviour
- 4 the status of the model has decreased in the eyes of Linda and Susan

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### QUESTION 19

Martin feels very pleased with himself for passing his driving test at the first attempt. Having promised to reward himself if he passed the test, he treats himself to a new pair of shoes. His parents are also delighted and they buy him a car radio.

Bandura would refer to Martin feeling pleased with himself as (a) <sup>internal</sup> - - - - , to the fact that he treated himself to a present as (b) <sup>external</sup> - - - - , and to his parents' reaction as (c) <sup>direct-behaviour</sup> - - - -

- 1 (a) internal self-reinforcement, (b) external self-reinforcement, (c) vicarious reinforcement from his parents
- 2 (a) internal self-reinforcement, (b) vicarious reinforcement (c) external self-reinforcement
- 3 (a) self-efficacy, (b) internal self-reinforcement, (c) direct reinforcement of his behaviour
- 4 (a) internal self-reinforcement, (b) external self-reinforcement, (c) direct reinforcement of his behaviour

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### QUESTION 20

Peter is busy reading a comic book and refuses to play soccer despite all his young brother's pleas. Later that afternoon, Peter regrets being so nasty and makes a resolution to play with his brother the next day. In terms of the social cognitive learning approach, Peter is learning through (a) - - - - and is experiencing (b) - - - -

- 1 (a) direct experience (b) external punishment
- 2 (a) self-regulation (b) internal self-punishment
- 3 (a) observational learning (b) vicarious punishment
- 4 (a) direct experience (b) external self-punishment



Same questions diff Names may 2017  
+ Oct 2013

Read the following story and answer questions 12-16, which are based on this story, in terms of Bandura's theory

Louis - rugby kid      Jacque - younger brother  
Mr Joost - Coach

Louis plays hooker for his school's first rugby team. He is coached by a famous Springbok scrum-half, Mr Joost. Louis's younger brother, Jacques, attends all the practice sessions with their father. Mr Joost, who is very proud of his team, takes pains with them and demonstrates all the important movements, which the team copies faithfully. He pays special attention to Louis and points out that he tends to throw in skew in the line-outs. Mr Joost shows Louis a special throw-in technique to use in the line-outs. Louis gets it right and he is very proud of himself when he is chosen for the Craven week. His father is so excited about Louis's achievement that he buys him the most sought-after rugby ball on the market. The younger brother, Jacques, is beside himself with excitement and pride about his elder brother's achievement. He wishes he was old enough to play rugby so that he can also get a rugby ball like Louis. One day Mr Joost is late for the practice session, and some of the children start playing in his absence. Jacques begs them to let him play too, and to everybody's surprise little Jacques flawlessly uses the special throw-in technique Mr Joost taught Louis. Jacques grins all over his face with pride.

Now answer the following questions

#### QUESTION 12

What kind(s) of learning, according to Bandura's theory, are involved in the elder brother Louis's learning process?

- 1 Observational learning
- 2 Observational and direct learning
- 3 Observational learning and self-regulation
- 4 Observational learning, direct learning and self-regulation

Oct 2013 + May 2017

#### QUESTION 13

Who serve(s) as the model(s) in the learning process of Jacques, the younger brother?

- 1 Louis and Mr Joost
- 2 The rugby team
- 3 Louis
- 4 Mr Joost

(looks up to for insp.)

Oct 2013 + May 2017

#### QUESTION 14

The fact that the players admire their coach increases the likelihood that they will copy his behaviour. This factor, which influences observational learning, is coupled with

- 1 the results of the model's behaviour
- 2 the status of the model
- 3 the qualities of the observer
- 4 self-efficacy



Oct 2013 + May 2017

### QUESTION 15

Who serve(s) as the reinforcing agent(s) in the learning process of Louis, the elder brother?

1. His father
2. Mr Joost
3. His father and Mr Joost
4. The rugby team

Oct 2013 + May 2017

### QUESTION 16

The fact that Mr Joost admonishes Louis for throwing the ball in at an angle in the line-outs serves as (a) \_\_\_\_\_ for Louis, but as (b) \_\_\_\_\_ for Jacques, the younger brother

- |   |     |                        |     |                             |
|---|-----|------------------------|-----|-----------------------------|
| 1 | (a) | direct punishment      | (b) | vicarious punishment        |
| 2 | (a) | negative reinforcement | (b) | direct punishment           |
| 3 | (a) | vicarious punishment   | (b) | direct punishment           |
| 4 | (a) | direct punishment      | (b) | external self-reinforcement |



Read the following story and then answer Questions 11 to 15 in terms of Bandura's theory

Vusi - younger brother

Thabo - rugby player  
Joost - coach

Thabo plays hooker for his school's first rugby team. He is coached by a famous Springbok scrum-half, Mr Joost. Thabo's younger brother, Vusi, and their father attend all the practice sessions. Mr Joost demonstrates all the important movements, which the team copies faithfully. He points out to Thabo that he tends to throw the ball in skew in the line-outs. Mr Joost shows Thabo a special throw-in technique to use in the line-outs. Thabo gets it right and he is very proud of himself when he is chosen for the national team. His father is so excited about Thabo's achievement that he buys him the most sought-after rugby ball on the market. The younger brother, Vusi, is beside himself with excitement and pride regarding his elder brother's achievement. He wishes he was old enough to play rugby so that he can also get a rugby ball like Thabo. One day Mr Joost is late for the practice session and some of the children start playing in his absence. Vusi begs them to let him play too, and to everybody's surprise, little Vusi flawlessly uses the special throw-in technique Mr Joost taught Thabo. Vusi grins all over his face with pride.

### QUESTION 11

What kinds of learning, according to Bandura's theory, are involved in the younger brother Vusi's learning process?

- (1) Direct learning and self-regulation
- (2) Observational and direct learning
- (3) Observational learning and self-regulation
- (4) Observational learning, direct learning and self-regulation

(3)

### QUESTION 12

What kinds of reinforcement are clearly involved in the learning process of Thabo, the elder brother?

- (a) Direct reinforcement
- (b) Vicarious reinforcement
- (c) Internal self-reinforcement
- (d) External self-reinforcement

The correct answer is

- (1) (a) & (c)
- (2) (b) & (d)
- (3) (a), (c) & (d)
- (4) All of the above

### QUESTION 13

The new rugby ball serves as a \_\_\_\_\_ in the learning process of Vusi, the younger brother

- (1) direct reinforcer
- (2) vicarious reinforcer
- (3) internal self-reinforcer
- (4) external self-reinforcer

### QUESTION 14

The fact that Vusi, the younger brother, throws the ball in perfectly in the line-out, like his brother who learnt to throw the ball in straight after Mr Joost showed him a special throw-in technique. This indicates that \_\_\_\_\_ took place in the case of Vusi.

- (1) imitation
- (2) counter-imitation
- (3) self-regulation
- (4) negative reinforcement



**QUESTION 15**

Oct 2016 + Oct 2015 + May 2013

The fact that Mr Joost cautioned Thabo for throwing the ball in skew in the line-outs serves as (a) \_\_\_\_\_ for Thabo, but as (b) \_\_\_\_\_ for Vusi

- |     |     |                        |     |                          |
|-----|-----|------------------------|-----|--------------------------|
| (1) | (a) | direct punishment      | (b) | vicarious punishment     |
| (2) | (a) | negative reinforcement | (b) | direct punishment        |
| (3) | (a) | vicarious punishment   | (b) | direct punishment        |
| (4) | (a) | direct punishment      | (b) | external self-punishment |

**QUESTION 16**

It is Tshepo's belief that he has failed his Personality Theories examination because the lecturers are prejudiced towards him. Pule on the other hand, has also failed the examination, but he feels that he did not spend enough time preparing for the examination and that his answers were too vague and not specific enough.

Tshepo has an (a) \_\_\_\_\_ locus of control, whereas Pule has an (b) \_\_\_\_\_ locus of control

- |     |     |                       |     |                       |
|-----|-----|-----------------------|-----|-----------------------|
| (1) | (a) | external              | (b) | internal              |
| (2) | (a) | internal              | (b) | external              |
| (3) | (a) | internal and external | (b) | internal              |
| (4) | (a) | external              | (b) | internal and external |

① - correct

d- according to the slide

**QUESTION 17**

According to the social cognitive learning theory, a person who functions optimally is someone who

- (1) has an external locus of control
- (2) takes risks
- (3) has a realistic self-efficacy perception
- (4) has freedom of choice

Read the following story and then answer Questions 18 and 19

Peter is a member of a soccer team. His coach uses the principles of social learning theory to improve his team's soccer-playing skills. For example, he gives Peter a new soccer jersey when he plays well and he takes his team to games when the South African Bafana-Bafana soccer team is playing. When the team wins they reward themselves by eating out. Despite all this, Peter believes that he simply does not have the talent to play well, and his game does not improve.

**QUESTION 18**

According to Bandura's theory, Peter's functioning in this story is a reflection of someone who has a/an \_\_\_\_\_

- (1) low expectancy drive
- (2) low self efficacy perception
- (3) external locus of control
- (4) forethought capability

**QUESTION 19**

If Peter was to be referred for psychotherapy, what would someone who is practising from the framework of the social cognitive learning theory consider as the main aim of Peter's therapy?

- (1) To assist him to realise and acknowledge his ineffective way of handling demands
- (2) To improve his self-efficacy and change his encoding strategies
- (3) To teach him effective social skills
- (4) To teach him strategies to improve his talents



oct 2016 + oct 2015 + may 2013

#### QUESTION 20

Which one of the following statements about aggression is **CORRECT** in terms of social cognitive learning theories?

- (1) Aggressive behaviour is acquired through direct learning, but not through observational learning
- (2) Aggressive behaviour is acquired through observational learning, but not through direct learning
- (3) Genetic and environmental factors contribute to aggressive behaviour in a person's behavioural repertoire
- (4) Environmental factors, but not genetic factors, contribute to aggressive behaviour in a person's behavioural repertoire

May 2016

#### QUESTIONS ON SOCIAL COGNITIVE LEARNING THEORY

##### QUESTION 11

Social cognitive learning theorists maintain that

- 1 behaviour is learnt in a passive way on the basis of inputs from the environment
- 2 behaviour is learnt automatically and consistently when someone observes a model's behaviour
- 3 individuals are active participants who can influence their own learning processes in a number of ways
- 4 conditioning is the most effective form of learning

##### QUESTION 12

During vicarious reinforcement

- 1 the behaviour of both the model and the learner is reinforced
- 2 only the behaviour of the model is reinforced
- 3 only the behaviour of the learner is reinforced
- 4 neither the behaviour of the model nor the behaviour of the learner is reinforced

##### QUESTION 13

A teacher decides to teach his pupils to be quieter in class and therefore punishes noisy pupils in front of the other children. He discovers, however, that the class has become noisier. Bandura describes the behaviour of the pupils who observed, but ignored the punishment as \_\_\_\_\_ of the models

- 1 counter imitation
- 2 imitation
- 3 vicarious reinforcement
- 4 negative reinforcement

##### QUESTION 14

Sibu obtains 100% for his science test. His parents are overjoyed and reward him with a new Sony PlayStation. Sibu, however, feels guilty because he cheated in the test. According to Bandura, Sibu is

- 1 unlikely to cheat again as he experiences his reward as indirect punishment
- 2 likely to cheat again as he was directly reinforced by his parents
- 3 unlikely to cheat again as he experiences internal self-punishment
- 4 likely to cheat again as he was directly reinforced by the high mark he obtained in the test



may 2016

#### QUESTION 15

Matthew works very hard on a project for several months. Upon completing the project, Matthew receives a big bonus from his employer. He feels very proud of himself. According to Bandura, the learning taking place in this scenario pertains to

- 1 learning through self-regulation
- 2 learning through direct experience
- 3 observational learning and learning through direct experience
- 4 learning through self-regulation and learning through direct experience

#### QUESTION 16

Thapelo disrespects his parents in front of his friends and he talks back when they reprimand him. Instead of the support that Thapelo expects from his friends, they side with his parents, and Thapelo feels rather embarrassed at his behaviour. Dumisani, who witnesses this, decides never to disrespect his parents. In terms of social cognitive learning theory, Dumisani's decision is an example of

- (1) imitation
- (2) counter-imitation
- (3) modelling
- (4) punishment

#### QUESTION 17

In terms of social cognitive learning theory, reciprocal determinism means that

- (1) regardless of the situation, people show a set pattern of individual differences
- (2) there is an interaction between the person, the situation and the person's behaviour
- (3) differences in behaviour are chiefly or exclusively attributed to the influence of the situation
- (4) all behaviour and learning can be explained without any reference to needs or conscious experiences

#### QUESTION 18

After working very hard for several weeks, Jason receives a big bonus from his employer. He feels very proud of himself. According to Bandura this example illustrates

- (1) observational learning and direct learning
- (2) direct learning and self-regulation
- (3) direct learning
- (4) self-regulation

#### QUESTION 19

James is a member of a marathon team at a local club. Everybody is convinced that he can run much faster, but James does not believe that he has much talent, and despite encouragement from his team members, his marathon time does not improve.

In terms of Bandura's theory, James's lack of progress can be attributed to

- (1) an external locus of control
- (2) rationalisation
- (3) low self-efficacy beliefs
- (4) his changing status

#### QUESTION 20

According to the social cognitive learning approach, an optimally developed person is someone who

- a) has a realistic self-efficacy perception
- b) recognises what behaviour is required of him or her to cope successfully in a particular situation
- c) meets his or her own standards of excellence
- d) demonstrates behaviour that fits a specific cultural context

The correct answer is

- (1) (a) & (b)
- (2) (a) & (c)
- (3) (c) & (d)
- (4) (a), (b), (c) & (d)



May 2015

## QUESTIONS ON THE SOCIAL COGNITIVE LEARNING THEORY

### QUESTION 11

According to Bandura, psychologists should acknowledge the process of learning through

- (a) direct experience
- (b) the unobservable aspects of personality
- (c) self-regulation
- (d) behaviour and the development of the psyche

The correct answer is

- (1) (a) & (b)
- (2) (c) & (d)
- (3) (a) & (c)
- (4) (b) & (d)

Read the following story and answer Questions 12 to 16, which are based on this story, in terms of Bandura's theory

Siphiwe plays sweeper for his school's first soccer team. He is coached by the famous Bafana Bafana player, Lucas Radebe. Siphiwe's younger brother, Solly, attends all the practice sessions with their father. Mr Radebe, who is very proud of his team, takes pains with them and demonstrates all the important moves, which the team copies faithfully. He pays special attention to Siphiwe and points out that his aerial passes to his forwards are inaccurate, verging on sloppy. Mr Radebe shows Siphiwe a special technique to use. Siphiwe practices very hard every day and gets it right within a week. He is very proud of himself when he is chosen for the provincial team of his age group. His father is so excited about Siphiwe's achievement that he buys him the most sought-after soccer ball on the market. His younger brother, Solly, is beside himself with excitement and pride about his elder brother's achievement. He wishes he was old enough to play soccer so that he can also get a soccer ball like Siphiwe. One day Mr Radebe is late for the practice session, and some of the children start playing in his absence. Solly begs them to let him play too, and to everybody's surprise little Solly flawlessly uses the special passing technique Mr Radebe taught Siphiwe. Solly grins all over his face with pride.

### QUESTION 12

What kind(s) of learning, according to Bandura's theory, is/are involved in the younger brother Solly's learning process?

- (1) Observational learning.
- (2) Observational learning and direct learning
- (3) Observational learning and self-regulation.
- (4) Observational learning, direct learning and self-regulation.

### QUESTION 13

What kind(s) of reinforcement is/are involved in the learning process of Siphiwe, the elder brother?

- (1) Direct reinforcement
- (2) Vicarious reinforcement and internal self-reinforcement.
- (3) Internal self-reinforcement and direct reinforcement.
- (4) Direct reinforcement, vicarious reinforcement, and internal self-reinforcement

### QUESTION 14

The new soccer ball serves as a \_\_\_\_\_ in the learning process of Solly, the younger brother

- (1) direct reinforcer
- (2) vicarious reinforcer
- (3) internal self-reinforcer
- (4) external self-reinforcer



may 2015

### QUESTION 15

When Solly, the younger brother, observed Mr Radebe pointing out to Sphiwe that his aerial passes were sloppy, (a) \_\_\_\_\_ took place in the case of Solly. However, (b) \_\_\_\_\_ took place when Solly learned to pass the ball perfectly after observing Sphiwe's success in getting the special technique that Mr Radebe taught him, right.

- 2
- |                                 |                             |
|---------------------------------|-----------------------------|
| (1) (a) imitation               | (b) counter-imitation       |
| (2) (a) counter-imitation       | (b) imitation               |
| (3) (a) negative reinforcement  | (b) vicarious reinforcement |
| (4) (a) vicarious reinforcement | (b) negative reinforcement  |

### QUESTION 16

The fact that Mr Radebe admonishes Sphiwe for passing the ball inaccurately serves as (a) \_\_\_\_\_ for Sphiwe, but as (b) \_\_\_\_\_ for Solly.

- 1
- |                                |                              |
|--------------------------------|------------------------------|
| (1) (a) direct punishment      | (b) vicarious punishment     |
| (2) (a) negative reinforcement | (b) direct punishment        |
| (3) (a) vicarious punishment   | (b) vicarious punishment     |
| (4) (a) direct punishment      | (b) external self-punishment |

may 2015

### QUESTION 17

Which of the following persons is an optimally functioning person according to the *social cognitive learning approach*?

- 4
- (a) Clare learned most of her behaviour through observational learning and she functions by receiving mainly positive reinforcers while avoiding aversive reinforcers
  - (b) John has a realistic self-efficacy perception and neither overestimates nor underestimates his own abilities
  - (c) Doreen lives a very satisfactory, fulfilled and happy life of tension reduction, drive reduction and homeostasis
  - (d) Mary has an internal locus of control, a feature which is regarded as desirable in her culture

The answer is

- (1) Clare
- (2) John
- (3) John, Doreen and Mary
- (4) John and Mary

### QUESTION 18

Johnny learned to communicate with girls by observing his older brother's behaviour towards girls. Johnny formed cognitive representations of how to behave towards girls and he learned from observing the results of his brother's behaviour. According to Bandura's theory, the example illustrates the person variables (a) \_\_\_\_\_ capability and (b) \_\_\_\_\_ capability.

- 2
- |                     |                     |
|---------------------|---------------------|
| (1) (a) forethought | (b) self reflective |
| (2) (a) symbolising | (b) vicarious       |
| (3) (a) encoding    | (b) expectancy      |
| (4) (a) vicarious   | (b) self-regulatory |



Oct 2014 (all) Repeat Oct 2017

### QUESTIONS ON THE SOCIAL COGNITIVE LEARNING THEORY

Read the following story and then answer Questions 11 to 13, based on the story, in terms of the social cognitive perspective.

Will, Jeffrey and Paula are all accomplished musicians, but acquired their musical skills in different ways. Will learned to play the violin by taking music lessons from a teacher. The music teacher praised him when he played well and corrected him when he made mistakes. Jeffrey, on the other hand, did not take any music lessons, but learned to play the piano by watching his sister play. He noticed when his mother corrected his sister and was very impressed when she participated in music competitions and won prizes. Finally, Paula learned to play the guitar from instructions in a book. Paula practised by herself, corrected herself when she made mistakes, and felt a surge of pride in herself when she played correctly.

#### QUESTION 11

Will learned to play the violin through (a) \_\_\_\_\_, whereas Jeffrey learned to play the piano through (b) \_\_\_\_\_, and Paula learned to play the guitar through (c) \_\_\_\_\_.

- (1) (a) observational learning  
(b) direct experience  
(c) participant modelling
- (2) (a) self-regulation  
(b) vicarious reinforcement  
(c) observational learning
- (3) (a) direct experience  
(b) observational learning  
(c) self-regulation
- (4) (a) direct learning  
(b) participant modelling  
(c) direct learning

#### QUESTION 12

In the example above, Jeffrey is the (a) \_\_\_\_\_, Jeffrey's sister is the (b) \_\_\_\_\_, and Jeffrey's mother is the (c) \_\_\_\_\_.

- (1) (a) model  
(b) reinforcement agent  
(c) observer
- (2) (a) observer  
(b) model  
(c) reinforcement agent
- (3) (a) model  
(b) observer  
(c) reinforcement agent
- (4) (a) reinforcement agent  
(b) model  
(c) observer

(Repeated)



OCT 2014 (all)

QUESTION 13

Paula's sense of pride in her achievement refers to

- 2
- (1) external self-reinforcement
  - (2) internal self-reinforcement
  - (3) direct reinforcement
  - (4) vicarious reinforcement

QUESTION 14

Bandura's theory of reciprocal determinism can best be characterised as

- 4
- (1) a positivistic approach that relies on environmental determinism
  - (2) a social behavioural approach in which the immediate social context determines an individual's behaviour
  - (3) a cognitive approach in which cognitive, subjective and environmental factors determine behaviour
  - (4) an interactional approach in which an interplay between the environmental, personal and behavioural factors determine behaviour

QUESTION 15

Little Rambo and his brother watch a wrestling match in which The Headhunter defeats his competitor, Mad Dog, in a wrestling bout. After watching the match, Little Rambo and his brother have their own wrestling bout, and practice all The Headhunter's moves and throws on one another.

According to Bandura's theory one could explain Little Rambo and his brother's imitation of The Headhunter's moves and throws by arguing that the tendency of a child to imitate a model primarily depends on

- 3
- (1) a child's closeness to the model
  - (2) the child's ability to distinguish between right and wrong
  - (3) rewards and punishments received by the model
  - (4) the child's age in relation to the model

QUESTION 16

Repeat OCT 2017

Marianne is a student of psychology and worked very hard to pass the course in Personology. After discovering that she had passed with a distinction, she buys herself a new dress. Her parents are also very pleased and invite her to a meal in an expensive restaurant. The dress Marianne bought can be viewed as (a) \_\_\_\_\_, while the meal her parents treated her to as (b) \_\_\_\_\_.

- 4
- |                                     |                             |
|-------------------------------------|-----------------------------|
| (1) (a) internal self-reinforcement | (b) vicarious reinforcement |
| (2) (a) internal self-reinforcement | (b) external reinforcement  |
| (3) (a) external self-reinforcement | (b) vicarious reinforcement |
| (4) (a) external self-reinforcement | (b) direct reinforcement    |



(OCT 2014) (all)

### QUESTION 17

Jolene watches while her brother, Harry plays with the neighbour's little dog. The dog suddenly attacks Harry and bites him. From then on Jolene fears dogs and will not come near any dogs. According to the principles of social cognitive learning theory, Jolene's fear of dogs is an example of

- (1) generalisation
- (2) reaction formation
- (3) counter-imitation
- (4) covert modelling

### QUESTION 18

Linda and Susan saw their teacher meting out detention to their friend for not listening in class. Linda and Susan were so afraid of their parents' reaction should they get detention that they decided not to sit next to one another in class any more so that they could pay better attention. In terms of Bandura's theory, it can be said that

- 1 Linda and Susan were vicariously reinforced by observing their friend in class
- 2 the friend's punishment led to counter imitation by Linda and Susan
- 3 Linda and Susan were negatively reinforced by the teacher's behaviour
- 4 the status of the model has decreased in the eyes of Linda and Susan

### QUESTION 19

Repeat

Marlize is a very good athlete. According to Bandura's theory, practising hard and always giving her best, are behaviours specifically motivated by

- (1) lack of external rewards following her athletic performance
- (2) her objective to transcend her biological and environmental constraints and to be the best she can be
- (3) the intrapersonal drives she brings into the situation
- (4) her expectations regarding the consequences of her behaviour and self-evaluation

### QUESTION 20

Anthony obtains a high distinction for a geography test. His teacher, who is overjoyed, praises him and awards him a star for being the best performer in class. Anthony, however, feels guilty as he cheated in the test. According to Bandura's theory, Anthony is

- (1) likely to cheat again as he was directly reinforced by his teacher
- (2) likely to cheat again due to his internal self-regulation processes
- (3) unlikely to cheat again as he experiences the praise as indirect punishment
- (4) unlikely to cheat again as he experiences internal self-punishment



may 2014 + oct 2012 + may 2011

## QUESTIONS ON THE SOCIAL COGNITIVE LEARNING APPROACH

### QUESTION 11

may 2015 Number 19 same  
Marlize is a very good athlete. According to Bandura's theory, practising hard and always giving her best, are behaviours specifically motivated by

- (1) external rewards which she receives directly after an athletic performance
- (2) her objective to transcend her biological and environmental constraints and to be the best she can be
- (3) the intrapersonal drives she brings into the situation
- (4) her expectations regarding the consequences of her behaviour and self-evaluation

### QUESTION 12

oct 2017 Repeat

Jack's Mathematics teacher clearly indicates the sections that he should study for his Mathematics examination. However, Jack decides to learn the sections he thinks are important. Unfortunately, he fails his examination at the end of the year. He realises that he has only himself to blame and decides that in future he will pay more attention to what his teacher highlights. According to Rotter, Jack has (a)\_\_\_\_, which means that Jack (b)\_\_\_\_

- (1) (a) an external locus of control  
(b) believes that his life is controlled by circumstances beyond his control
- (2) (a) an internal locus of control  
(b) believes that his decisions influence his life negatively or positively
- (3) (a) low self-efficacy  
(b) has little confidence in his teacher
- (4) (a) a self-reflective capability  
(b) now believes that his teacher knows best

### QUESTION 13

oct 2017 Repeat

Susan plays hockey for her school's first team. The coach of the provincial team observes her play, and invites her to play for the provincial team. Susan declines the offer because she does not think that she is good enough. According to Bandura's theory, (a)\_\_\_\_ plays an important role in Susan's decision. This means that (b)\_\_\_\_

- (1) (a) self-regulation  
(b) Susan has to regulate her behaviour. If she plays for the provincial team, she will neglect her school team
- (2) (a) expectancy  
(b) Susan's schoolmates expect her to play for their team
- (3) (a) self-efficacy  
(b) Susan does not have confidence in her ability to play hockey well enough for the provincial
- (4) (a) internal locus of control  
(b) Susan does not allow an external person like the coach, to decide for her what she should or should not do



may 2014 + oct 2012 + may 2011

Read the following story carefully and in terms of Bandura's theory answer Questions 14 to 17, which are based on this story

Siphiwe plays sweeper for his school's first soccer team. He is coached by the former famous Bafana Bafana player, Lucas Radebe. Siphiwe's younger brother, Solly, attends all the practice sessions with their father Mr Radebe, who is very proud of his team, takes pains with them and demonstrates all the important moves, which the team copies faithfully. He pays special attention to Siphiwe and points out that his aerial passes to his forwards are inaccurate, verging on sloppy. Mr Radebe shows Siphiwe a special technique to use. Siphiwe practises very hard every day and gets it right within a week. He is very proud of himself when he is chosen for the provincial team of his age group. His father is so excited about Siphiwe's achievement that he buys him the most sought-after soccer ball on the market. His younger brother, Solly, is beside himself with excitement and proud about his elder brother's achievement. He wishes he was old enough to play soccer so that he can also get a soccer ball like Siphiwe. One day Mr Radebe is late for the practice session, and some of the children start playing in his absence. Solly begs them to let him play too, and to everybody's surprise, little Solly flawlessly uses the special passing technique Mr Radebe taught Siphiwe. Solly grins all over his face with pride.

#### QUESTION 14

What kind(s) of learning, according to Bandura's theory is/are involved in the elder brother Siphiwe's learning process?

- (1) Observational learning
- (2) Direct learning and self-regulation.
- (3) Observational learning and direct learning
- (4) Observational learning, direct learning and self-regulation

#### QUESTION 15

In terms of Bandura's theory, who serves as the model/s in the learning process of Solly, the younger brother?

- (1) Siphiwe and their father
- (2) Siphiwe and Mr Radebe
- (3) Siphiwe
- (4) Mr Radebe

#### QUESTION 16

Who serves as the reinforcing agent/s in the learning process of Siphiwe, the elder brother?

- (1) His father
- (2) Mr Radebe
- (3) His father and Mr Radebe
- (4) His brother and his teammates

#### QUESTION 17

The fact that Mr Radebe admonishes Siphiwe for his sloppy aerial passes serves as (a)\_\_\_ for Siphiwe, but as (b)\_\_\_ for Solly, the younger brother

- |                                  |                                 |
|----------------------------------|---------------------------------|
| (1) (a) direct punishment        | (b) vicarious punishment        |
| (2) (a) external self-punishment | (b) direct punishment           |
| (3) (a) vicarious punishment     | (b) vicarious punishment        |
| (4) (a) direct punishment        | (b) external self-reinforcement |



may 2014 + oct 2017 + may 2011

QUESTION 18

Repeat oct 2017

One morning, as Kim's father is driving her to school, he notices a dog lying on the side of the road. He stops and approaches the dog which is very badly wounded. He returns to the boot of his car and fetches a box into which he can put the dog. He gently picks the dog up and places it in the box. He takes the dog to the vet who is very impressed at Kim's father's kindness. When Emily, one of Kim's friends, falls off the jungle gym at school, Kim is the first one to reach her. She gently helps her up and takes her to the teacher. In terms of social cognitive learning theory, Kim's kindness to others who are in need is an example of

- (1) imitation
- (2) counter-imitation
- (3) modelling
- (4) generalisation

QUESTION 19

Which of the following persons is an optimally functioning person according to the social cognitive learning approach?

- (a) Peter succeeds in producing behaviour which meets his own standards
- (b) John sees himself as he really is and his self concept is in accordance with his actual potential.
- (c) Joe neither overestimates nor underestimates his own abilities
- (d) Mary has an internal locus of control, a feature which is regarded as desirable in her culture

The correct answer is

- (1) Peter
- (2) John
- (3) Peter, Joe and Mary
- (4) Peter and Joe

QUESTION 20

According to the social cognitive learning approach, people develop characteristic styles in their attempts to explain the events in their environments. Identify the styles used by Stephen. Stephen has lost his job. He blames himself for it and feels that he is a complete failure [(a) a/an \_\_\_\_ style]. He believes that he is too bad tempered and impatient to keep any job, and that he will always be like that [(b) a \_\_\_\_ style]. His whole life is disrupted, and he believes that he will also lose his house, his car and his wife [(c) a \_\_\_\_ style].

- |     |              |               |              |
|-----|--------------|---------------|--------------|
| (1) | (a) external | (b) global    | (c) limited  |
| (2) | (a) internal | (b) stable    | (c) global   |
| (3) | (a) helpless | (b) transient | (c) global   |
| (4) | (a) internal | (b) stable    | (c) helpless |

correct 1



Oct 2011

### QUESTIONS ON THE SOCIAL COGNITIVE LEARNING APPROACH

Read the following story carefully and answer Questions 11 to 17 in terms of Bandura's theory (the social cognitive learning approach)

Thabo has a great passion for cricket. He plays for his school's under 12A cricket team, for which he is the team's specialist spin bowler. One Saturday he and his school friends are invited to watch the Proteas play against the West Indian team at Centurion. Thabo's hero is Makhaya Ntini. He watches carefully how Makhaya bowls, notices how focussed he remains even when Brian Lara hits three consecutive fours from his bowling, and shouts with glee when Makhaya clean bowls Lara in the very next over (just after the humiliating three fours).

After getting rid of the great Brian Lara, Makhaya is suddenly everybody's hero and the crowd goes wild whenever he comes up to bowl. The next day Thabo starts imitating Makhaya's bowling action with such success that his coach praises him for his skill. Thabo feels very proud of himself.

Sepho, Thabo's younger brother is also a cricket player and a spin bowler, and attended the Proteas match with Thabo. After the match Sepho enthusiastically tells their father who could not go to the cricket match, about how well Makhaya bowled. However, unlike Thabo, Sepho does not attempt to imitate Makhaya's bowling action.

#### QUESTION 11

According to Bandura, Thabo's learning that took place before he actually practised Makhaya's bowling action can be described as

- (1) direct learning
- (2) observational learning
- (3) self-regulation
- (4) modelling

#### QUESTION 12

According to Bandura the type of reinforcement underlying Thabo's learning at this stage is

- (1) direct reinforcement
- (2) vicarious reinforcement
- (3) internal self-reinforcement
- (4) external reinforcement

#### QUESTION 13

The type of reinforcement mentioned in Question 12, refers to

- (1) the way that the crowd reinforced Makhaya's bowling when he got Lara's wicket
- (2) the way that Makhaya inspired Thabo with his bowling
- (3) Thabo's love for cricket
- (4) Thabo's observation of the way that the crowd rewarded Makhaya when he came up to bowl



OCT 2011

#### QUESTION 14

According to Bandura, what characteristic/s of the model could have played a role in the learning process that is illustrated by this story?

- (1) Thabo's love of cricket, cricket competence, and motivation
- (2) Sepho's enthusiasm about the match and about Makhaya's good play
- (3) Makhaya's celebrity status and competence as a Protea player
- (4) The father's love of cricket

#### QUESTION 15

According to Bandura, which person in this story, has a high self-efficacy?

- (1) Thabo, who imitates Makhaya's skilful bowling
- (2) Thabo's coach
- (3) Sepho, who is very enthusiastic about the game
- (4) The father who could not attend the match

#### QUESTION 16

According to Bandura's theory, the reinforcing agent/s in this story is/are

- (1) Thabo and Sepho
- (2) Makhaya
- (3) The father
- (4) The coach and the crowd

#### QUESTION 17

According to Bandura's theory, the praise that Thabo receives from his coach when he reproduced Makhaya's bowling, refers to (a) \_\_\_\_\_, whereas his pride in himself refers to (b) \_\_\_\_\_

- |                                     |                                 |
|-------------------------------------|---------------------------------|
| (1) (a) vicarious reinforcement     | (b) direct reinforcement        |
| (2) (a) direct reinforcement        | (b) external self-reinforcement |
| (3) (a) direct reinforcement        | (b) internal self-reinforcement |
| (4) (a) external self-reinforcement | (b) internal self-reinforcement |

#### QUESTION 18

Penny is very shy and finds it difficult to talk to others. She is part of a therapy group and observes one of her friends, who is also reserved, talking to others in the group. She is encouraged to do the same and is rewarded for being allowed to choose which movie she wants to see. This is referred to by the social cognitive learning approach as

- (1) covert modelling
- (2) stress inoculation
- (3) participant modelling
- (4) counter-imitation



OCT 2011

#### QUESTION 19

A prefect grabs a young boy amongst a group making a terrible racket, and commands him to report to the principal's office. The boy becomes very subdued after the incident, and is very quiet for the rest of the day. However, instead of quietening down, the rest of the boys become more noisy. Bandura would explain the behaviour of the boys who observed, but ignored the punishment as \_\_\_\_\_ of the model.

- (1) counter-imitation
- (2) imitation
- (3) vicarious reinforcement
- (4) vicarious punishment

#### QUESTION 20

According to the social cognitive learning approach, pathological behaviour involves

- (a) the learning of undesirable behaviour
- (b) the influence and presence of undesirable models
- (c) a lack of self-efficacy
- (d) learnt helplessness and pessimism

The correct answer is

- (1) (a) & (b)
- (2) (b) & (c)
- (3) (c) & (d)
- (4) All of the above