Annotated Bibliography of Cognitive Theory

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**Cognitive Theory**

Cognitive theory comes from the traditional psychological concept of thinking. The cognitivists view issues like thinking, making decision and remembering how they underlie the behavior. Cognitive theory can refer to the two factors theories of emotion, cognitive science, cognitive psychology or theories of cognitive development.

Bandura, A. (1986). *Social foundations of thought and action: A social cognitive theory*. Englewood Cliffs, NJ, US: Prentice-Hall, Inc.

Bandura Albert is the psychologist who is a David Jordan Professor of the Social Science in psychology at the Stanford University. He was born in Mundari, Canada on December 4, 1925. He contributed immensely to the education sector for over six decades. The book deals with the comprehensive theory of on motivation of humans and the actions from social cognitive perspective. The book has outlined significant roles played by the cognitive, self-reflective and vicarious process in the psychosocial functioning. When dealing with my topic, the source will help me in looking at the environmental and cognitive factors clearly. I will apply the social cognitive theory presented in the book to explain social and personal change.

Bandura, A. (1998). Health promotion from the perspective of social cognitive theory. *Psychology and health*, *13*(4), 623-649.

Albert Bandura was born on 4, December 1925 in Canada. He was the professor of Social Science in Stanford University. The professor has been on the forefront of promoting education more so in the field of Psychology. The reference tries to examine disease prevention and health promotion from a perspective of social cognitive theory. There models for disease prevention and health promotion have witnessed major generational changes. People are currently rewarded into health and not scared into health as it was done earlier on. When dealing with my topic, the reference will be crucial in explaining some of the changes which are being witnessed in health promotion models. There is need to change practice of social system which has a widespread effects on health.

Baars, B. J. (1993). *A cognitive theory of consciousness*. Cambridge University Press.

Baars Bernard was born in Amsterdam in 1946. He is a former senior in the Theoretical Neurobiology and Neuroscience Institute in Jolla. He is well known as originator of Global workspace theory, theory of cognitive architecture and consciousness. The book addresses the factors which affect consciousness. The relationship of the body and consciousness is clearly outlined in the book. The book also deals with neural basis of conscious experience and how unconscious context shape the conscious experience. I will use the reference to bring out the aspect of cognitive theories of consciousness. It is very clear that my topic will be addressing some issues which are outlined in the works of Baars Bernard.

Turner, J. C. (1985). Social categorization and the self-concept: A social cognitive theory of group behavior. Advances in group processes, 2, 77-122.

John Turner was a social psychologist in British and was born on 7 September 1947. Together with his colleagues, Turner developed social categorization theory. The same theory states that self is not the fundamental aspect of any cognition. According to the book, self is the outcome of cognitive process. The information presented in the book is very educative and well thought out. The aspect of social categorization will be crucial in developing my topic on cognitive theory. I will use the book to discuss and illustrate that self comes from cognitive process

Bandura, A. (2002). Social cognitive theory of mass communication. In *Media effects* (pp. 131-164). Routledge.

Bandura is the psychologist who is a David Jordan Professor of the Social Science in psychology at the Stanford University. He was born in Mundari, Canada on December 4, 1925. He contributed immensely to the education sector for over six decades. The book tries to examine the social cognitive theory of the mass communication. Because of the influential role played by mass media in the society, comprehending psychosocial mechanism through which it changes perception is important. The social cognitive theory gives a framework within which determinants can be examined. The book will help me to explain human behavior and how the behavior is shaped by the environmental factors. Most of the factors interact with each other to bring about desired outcome.

Lent, R. W., Brown, S. D., & Hackett, G. (1994). Toward a unifying social cognitive theory of career and academic interest, choice, and performance. *Journal of vocational behavior*, *45*(1), 79-122.

Lent was the head of high education and psychology counseling. The article addresses the social cognitive framework by bringing forth three different aspects. First, it is the formation and elaboration of the career-relevant interests. Next, it is selection of career and academic choice options. Finally, it is the persistence and performance in the occupational and educational pursuits. The article emphasizes means by which people exercise personal agencies in development of career. The information presented in the article will help me to develop my argument on cognitive theory and how the theory can be advanced further.

Denler, H., Wolters, C., & Benzon, M. (2014). Social cognitive theory. *Retrieved from*.

She was born on November 1937 in New York. She is the daughter of Mary and Quincy. Most of her family members were fine writers something that motivated her to start writing. The book reflects on philosophical orientation of both humanism and empiricism. In this case knowledge is external and factual to the person. The authors try to explain social cognitive theory in a clear manner. The book will be a good reference when writing my topic because most of the issue explained is at the center of my work. I will use the same knowledge to bring out best argument in my work.

Bandura, A. (2014). Social cognitive theory of moral thought and action. In *Handbook of moral behavior and development* (pp. 69-128). Psychology Press.

Albert Bandura was born on 4, December 1925 in Canada. He was the professor of Social Science in Stanford University. The professor has been on the forefront of promoting education more so in the field of Psychology. The book deals with issues of moral thought and action which is responsible for development of moral behavior. The theory presented adopts the cognitive interactionism perspective to the moral phenomena. I will use the book as a reference to my topic because of the strong points presented in this it. The moral conduct and environmental factors plays a big role in shaping behavior.

Wadsworth, B. J. (1996). Piaget's theory of cognitive and affective development: Foundations of constructivism. Longman Publishing.

Wadsworth was born on 9 July, 1935 and died at the age of 82 years. The book tries to introduce psychology student or education to the theory in the conceptual manner. The author has presented important issues in a coherent manner to the reader. It deals with intellectual and cognitive development. While discussing cognitive theory, I will use the book to ascertain any similarity between the two theories and apply in my work.

Bandura, A. (1986). *Social foundations of thought and action: A social cognitive theory*. Englewood Cliffs, NJ, US: Prentice-Hall, Inc.

Albert Bandura was born on 4, December 1925 in Canada. He was the professor of Social Science in Stanford University. The professor has been on the forefront of promoting education more so in the field of Psychology. The book deals with how we can exercise control over nature and quality of life. Human agency has core features which operate through functional consciousness. The information presented in this book is very important in developing my topic. I will use the information to relate nature and some of the issues which affect cognitive development.

Compeau, D. R., & Higgins, C. A. (1995). Application of social cognitive theory to training for computer skills. Information systems research, 6(2), 118-143.

Deborah Campeau was born in Washington. The book deals with application of the social cognitive theories to training for the skills in computer. The use of computer is very useful in organizations because it makes the operations to be fast and effective. There is little research being undertaken to understand different ways of training people for computer. The author tries to explain on the relationship between computer skills and cognitive theory. I will use the book to examine training process and compare the behavior modeling program basing on social cognitive theory.

Rachman, S. (1998). A cognitive theory of obsessions. In *Behavior and Cognitive Therapy Today* (pp. 209-222).

Ranchman is a psychologist and professor of the department of psychology at University of Columbia, British. He was born in the year 1934. The book deals with issue of obsession and how it relates to cognitive theory. Obsession is caused by the catastrophic misinterpretation of significance of unwanted thoughts. It explains the development of behavioral theory of obsession into the cognitive theory. The knowledge gathered from this article will be very important in developing my topic because it will have an aspect of obsession. The author has managed to bring him his mind and opinions clearly.