

What is a humanistic theory?

Humanistic Theory was pioneered by Abraham Maslow and Carl Rogers in 1943. Humanistic theory also known as a Humanistic psychology is a psychology approach that places emphasis on the study of the whole person and focuses on the individuals' unique qualities and potential for personal growth. This theory views students as active agents in their own learning and development, it emphasizes the importance of self-actualization, self-fulfillment, and personal responsibility. Moreover, humanistic psychology strives to help people fulfill their potential and maximize their well-being.

There are about 6 Humanistic principles, namely:

Self-actualization

Personal Growth and self-improvement

Self-awareness and understanding

Self-concept

A safe learning environment

Student choice

It is important to note that all these principles impact on individuals' motivation and behavior by driving them to pursue personal growth, authenticity, and positive relationships. It encourages individuals to live in alignment with their values, strive for their full potential, and seek fulfillment in their lives.

In Humanistic theory we see it necessary for us to outline that the facilitators and students have specific roles for a successful session

- We have a responsibility as facilitators to teach learning skills: good teachers in humanistic learning theory focus on helping students develop learning skills. Students

are responsible for learning choices, so helping them understand the best ways to learn is key to their success.

- Secondly, provide motivation for classroom tasks. Humanistic learning focuses on engagement, so teachers need to provide motivation and exciting activities to help students feel engaged about learning.
- Thirdly, provide choices to students in task selection. Choice is central to humanistic learning, so teachers have a role in helping work with students to make choices about what to learn. They may offer options, help students evaluate what they're excited about, and more.
- Last but not least, create opportunities for group work with peers. As a facilitator in the classroom, teachers create group opportunities to help students explore, observe, and self-evaluate. They can do this better as they interact with other students who are learning while they are.

Technology enhanced assistants fit perfectly in a Humanistic Theory

The Tel assistants greatly enhance the learning in a Humanistic theory by providing access to a wide range of resources and tools that support learning, personal growth, and self-directed learning.

For example, online platforms and educational apps most of which were discussed under the connectivism approach. However, to mention the quite popular one which is Blackboard. These apps and platforms allow students to explore various subjects and topics at their own pace and according to their own time.

The Tel are there to help learners engage more effectively with these technological learning platforms, in turn promoting a sense of autonomy and self-actualization. Moreover, technology facilitates collaboration and communication among learners, fostering positive relationships and social interaction, through online forums, videos, classes, and discussion groups. Therefore, Tel assistants under the context of Humanistic theory are available to enable students to connect with others who have similar interests and goals. In simple words, Tel assistants create an

environment of support and encouragement. Consequently, empowering students to take control of their learning journey, seek growth, and develop a deep understanding and appreciation for subjects they are studying.