**Course Learning Journal**

Class discussions, researching and reading for this assignment have widened my knowledge and understanding of the foundations of human behaviour and assisted in my personal development. I now have a better understanding of the different elements of naturalism, epistemology, self-esteem and free will and how their elements are intertwined into everyday interactions. At this stage of core E, I have a firm grasp on avenues to research material for assignments. I am constantly researching and reading to widen my knowledge and develop better research skills. In my daily duties of interacting, supervising, managing, and leading staff, I can implement most of my newfound knowledge to assist the staff under my charge and open new avenues for effective communication to take place while solving problems and preventing conflicts from escalating by being self-aware from the knowledge we gain each day to maintain integrity.

My reading is more balanced as I become versed in finding research material for the readings entries and my courses in general. I have been using google scholar, guestia, jstore and books from my personal library that I have collected over the past ten years to source reading material. Improvement is always required generally because we live in a changing world and communicating with others on certain matters can be easy as well as difficult at times due to knowledge barriers. I already knew from my underlying knowledge that self-esteem is very important in maintaining a certain level of sophistication in all of our undertakings and if order to be graciously successful, our knowledge of ourselves and general interest such as profession, academic background and that of human behaviour and spirituality is important in understanding how they work hand in hand. This course taught me that high self-esteem often involves individuality, integrity, connection, personal power, risk-taking, achievement, socioeconomic status, self-respect and self-talk. All of which puts people in a better frame of mind to face and take on life and society.

Steffenhagen, R. A., & Burns, J. D. (1987) “people are born mentally, socially, and physically inferior to their parents; it is through socialization that they rise to some degree of equality but not superiority. A person's behaviour is greatly influenced by their way of life, attitude, and values. Having positive contact with individuals in society, whether at work or in social settings, contributes to one's self-concept and increases one's self-esteem. If the case were the opposite, we would experience poor self-esteem if we frequently deal with unfavourable interactions. Individuals become more social, change from having a normal to a healthy personality, and immediately have more self-esteem when their goals are practical and attainable”. This approach is extremely useful in the workplace where teamwork is of utmost importance in producing successful end results.

Free will is having the freedom to choose your course of action without any hindrances. Freedom of will is having the ability to investigate the source of knowledge and its relevance to studies. Free will allows the researcher to investigate the natural causes within a study without interruption during the course of the study.

Many individuals and organizations conduct intense investigations on the premise that free will would protect them in their endeavours and that they are free to pivot around any means available to them to investigate their studies or subject matter. McDonald, L. (1996) “social scientist stresses the importance of social science in society, most people are under the assumption that social sciences are about social work and social workers, but it is so much more than that. Social sciences include sociology, psychology, philosophy, criminology, human geography, economics anthropology, archaeology, communication studies, history, musicology, jurisprudence, linguistics, political science, and public health. Several social groups are working with the United Nations to curb poverty, racism, famine, and starvation, and assist in the discovery and solving of crime throughout the world. A social scientist is on a mission to educate societies that there are several branches of social sciences which can contribute in positive ways to individuals on a global scale”.

Accordingly, it has been proposed that weakening people's moral responsibility views could change their later behaviour’s moral character. This argument is based on the idea that diminishing people's belief that free will could do so. In line with this, a large body of scientific study has shown the prosocial advantages of accepting free will as well as the drawbacks of rejecting it. Baumeister et al (2020) “suggested that people who believe in free will exhibit a higher prosocial and altruistic behaviour and believing in free will increases one’s motivation and willingness to make efforts, therefore resulting in higher self-control”

Naturalism is the belief that there is nothing beyond the natural world. Naturalism, often known as materialism, is a philosophical way of thinking about events that focus only on their natural causes and ignores any supernatural or religious influences. According to naturalism, there is a natural explanation for everything that occurs around us. Darwin, C. (2017) “a naturalist and evolutionist, incorporated natural selection into his theory of evolution based on his observation of plants and animals. The origins and adaptations of organisms were studied scientifically. He suggested that all species have common ancestors and descended from earlier species. According to him, every species has a distinct set of heritable genetic differences from its common ancestor that have developed gradually over a long length of time since the specie's birth”.

Naturalists rely on evidence to support their findings, Conee, E., & Feldman, R. (2004) “epistemology's "evidencialism" holds that all social decisions should be made purely on the basis of facts and evidence”. Understanding the true nature of things through evidence-based assessment and historical reviews the core ideals of naturalism is continuously maintained, Moser, P. K. (Ed.). (2005) “with the aid of historical research, essentialism seeks to understand the real essence of things, particularly the source from which they originate.

Knowledge does not just encompass academic achievements, it delves deeper into enlightenment and higher thinking within every facet of society transforming its seekers. Epistemology is the core of knowledge, the possibility of knowing, the process whereby knowledge is acquired, where knowledge comes from and the types of knowledge. Acquiring knowledge and educating others can be done through various mediums, shaping thinking and ultimately human behaviour. The philosophy subfield of epistemology is concerned with the theory of knowledge and the origins of knowledge. The nature, potential, sources, and constraints of knowledge are all issues that worry researchers. Research can combine intuitive, authoritarian, empirical, and logical knowledge to gather information and report findings from pertinent sources. Essentialism, historical perspective, perennialism, progressivism, empiricism, idealism, rationalism, constructivism, and other schools of thinking are among the many subfields and schools of thought in epistemology.

Conee, E., & Feldman, R. (2004) “epistemology's "evidencialism" holds that all social decisions should be made purely on the basis of facts and evidence. Accessibility in the learning process refers to having access to the material that has to be examined, explored, or learned. The idea that one's mental moods dictate one's evidence and, consequently, which propositions one has reason to believe, is known as mentalism in epistemology. Deontological ethics, often known as deontology, is a normative ethical theory that holds that morality should be determined by whether the action is right or wrong in accordance with a set of rules and principles, as opposed to the consequences of the conduct. It can also be referred to as obligation, duty, or rule-based ethics. Contrasting deontological ethics with consequentialism, virtue ethics, and pragmatic ethics is popular”. In this language, the course of action is more significant than the results. These underlying concepts provide a thorough investigation of epistemology.

The ability of individuals to perceive knowledge can also stem from culture according to, Cronk, L., Chagnon, N., & Irons, W. (Eds.). (2002) “when analysing human behaviour in society, culture often has a greater influence than heredity. The influence of culture on a person's beliefs, rules, morals, values, customs, language, personality, and attitude contributes to individual variances and uniqueness. From birth to adulthood, these traits determine a person's growth and behaviour. Genetics, on the other hand, affects a person's genetic makeup, including their facial features, eye colour, hair colour, body type, and hereditary genes for health and wellbeing”. Religion has an impact on culture, and religion has an impact on behaviour. Religion in culture aids in forming moral development and identity; the ideals attained have a substantial positive impact on human behaviour. People coming from these societies are more aware of the value of strong family bonds, moral beliefs, and ethical standards. However, while culture might have an impact on religion, it does not imply that all members of a certain religious society would agree with its religious tenets. As a result, not all members of that society would experience the same influence on their behaviour.

Raising vibrations and higher thinking became popular through early scholars, McDonald, L. (1996) “people began to see their value in society and in life in general with the help and direct leadership of great philosophers like Solon. People in society were taught about human rights, morals, and values by philosophers and social scientists in order to dispel the belief that they should accept their lot in life because they are not deserving of improving themselves. People who believed they could not succeed because their wealth was taken away and their status as slaves would not change were urged to alter their perceptions and communicate with one another in order to build deeper relationships through constructive interactions. The foundation for modern social sciences was laid by the different beneficial contacts and viewpoints acquired from early positive communication, which also allowed poor people a voice and a position in society through freedom”.

Principles, techniques, interpretations, and manner of selection are the four divisions of philosophy. Theories and practices are inextricably linked; one cannot be studied or understood without the other, and one can even shape and affect the other. Social scientist can successfully complete their investigations to make sure their thoughts are fusing into one another and to avert harsh criticism by clearly mapping the presuppositions and assumptions of a study. When conducting social science research, ethical norms must be upheld because any violations of these principles could result in severe legal repercussions.

I am always seeking avenues for additional knowledge in every aspect of our lives for the fundamental growth of self and others, to grasp ways for effective communication skills and human behaviour because it's crucial to implement controls for the various types of individuals we come across daily. As I continue to implement the knowledge and skills gained from this programme, I am confident that I would improve drastically in all areas of my studies and interactions aiding in the further enhancement of my communication skills, confidence, and pursuit of additional knowledge towards building self-concept. This would allow me to identify situations where I can source knowledge and implement ideas for greater thinking for individuals to gain an understanding that they are knowledgeable enough to pivot themselves around any situation to become successful at what they do. Making others self-aware of their hidden intelligence enables them to contribute towards teamwork, and prevents each member from aggravating their teammates which may be demotivating to them and hamper production, reducing morale and causing conflicts.

I have employed my brain to seek answers to questions such as, Did free will ever prohibit knowledge from reaching the surface? In the sense that free will is given to venture and explore into areas of study. Did researchers hide information from the general public? However, within the last decade, there have been some serious thinkers and readers who are coming across knowledge and sharing such, especially since social media has given them a source of power to reach millions of people easily. Knowledge that was considered hidden is now coming to light. The great enlightenment is taking place and knowledge would create drastic advancement in society like never seen before.

Being a part of the delta design group of learning, I understood the concept of speed reading better because the learning design in this course allowed us to cover a wide area of reading and research in a short space of time. The group work and discussions taught us the value of working together towards a common goal. Reaffirming in the course communication skills the concept of the The Johari Window and self-disclosure further reemphasised my understanding of myself and how I communicate with others. Self-disclosure is our actions of making others notice us and how they can perceive us in a certain way. The Johari Window, developed by Joseph Luft and Harry Ingraham, is a device that illustrates self-disclosure in communication which filters into corporation within the team. The Johari Window shows degrees of openness and self-awareness, it is divided to show the parts of the self we can see and share with others and the parts of the self that are public. I believe that this concept makes us aware of others and teaches us about their personality in the same way we would look at ourselves and become aware, we also become aware of others around us. This is especially useful to gain knowledge of human behaviour in the workplace and when studying social sciences like psychology, sociology and criminology.

In every context we communicate, there is a communication climate set for each and it is usually the individuals who are communicating with each other that would set the climate. Discussing an intense matter the climate would be one of hostility, whereas, couples in love would be in a calm and gentle communication climate displaying love and kindness hence anger and conflict varies in each climate.

I am knowledgeable enough now in human behaviour and have the ability to determine what promotes knowledge and effective communication skills to prevent conflicts with others and how well I can work with my team based on my understanding of them and how they communicate. I have already started implementing most of what I learned during this course with my staff, assisting them to change and enhance the ways in which they investigate situations to gain knowledge and communicate as well as curbing conflicts within the team and in their personal lives. This course has allowed me to be a better asset to both my team and the organization. Going forward I am more conscious of my thoughts, according to Haanel, C.F. (2011) “ knowledge gaining and consequent power is what determines growth and evolution. The recognition and demonstration of knowledge is what constitutes power, and this power is spiritual power, and this spiritual power is the power which lies at the heart of all things; it is the soul of the universe. This knowledge is the result of man’s ability to think; thought is therefore the germ of man’s conscious evolution. When man ceases to advance in his thoughts and ideals, his forces immediately begin to disintegrate and his countenance gradually registers these changing conditions."

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