

Link to Small Steps for Big Changes

<http://ok-smallsteps.sites.olt.ubc.ca/about/>

References Dr. Jung

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Video by Bandura, 2003 – explaining social cognitive theory

<https://video.alexanderstreet.com/watch/bandura-s-social-cognitive-theory-an-introduction?context=channel:albert-bandura>

"Bandura's Social Cognitive Theory: An Introduction." , directed by John Davidson. , produced by Frances Davidson. , Davidson Films, 2003. Alexander Street, <https://video.alexanderstreet.com/watch/bandura-s-social-cognitive-theory-an-introduction>.