Learning to learn

Helping business
English learners
become more
effective and efficient
learners

To start

1. What can learners do to learn more deeply and more efficiently?

2. How important is it to make learners aware of these issues? How important is it for learners to learn how to learn?

Learning to learn at

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Learning to
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Think101x: How to boost learning

Published on Mar 30, 2014

Improving everyday thinking also involves improving the way we learn and retain information. Unfortunately, people generally have a poor understanding of how they learn and remember. We discuss some evidence-based learning strategies that boost learning and memory.

Learn more at: http://think101.org

Think101x: Conversation with Geoff Norman

Learn more at: http://think101.org

Think101x: Conversation with John Dunlosky

Learn more at: http://think101.org

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What doesn't work

Rereading

Cramming

Highlighting

Listing

Learning styles

"When researchers have tried to identify learning styles, teach consistently with those styles, and examine outcomes, there is not persuasive evidence that the learning style analysis produces more effective outcomes than a one-size-fits-all approach."

Howard Gardener - Elisabeth A. Hobbs Professor of Cognition and Education at the Harvard Graduate School of Education at Harvard University

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What works

Why and when

Purpose

Values clarification (Who am I?
Who do I want to be?)

Spacing / distributed practice

Organisation (SMART objectives,
study plans, etc.)

How

Interleaved practice / varied practice

a learning schedule that includes frequent changes of task so that the learner is constantly confronting novel to-be-learned information

Retrieval practice - "active not passive" (e.g. flashcards)

Mnemonic devices (e.g. method of loci / memory palace)

Storytelling

To talk about

Learning & learning to learn

Motivation (intrinsic & extrinsic)

Autonomy / self-direction

Mastery

Reflection

Cultivating habits

To talk about

Enjoyment

Mary Poppins: In every job that must be done, there is an element of fun.
You find the fun, and - SNAP - the job's a game!

Suitable level of challenge - "hard not easy"

Thinking (e.g. biases, heuristics)

Happiness practices (e.g. journaling, practising gratitude)

Next steps

The Science of Happiness

The first MOOC to teach positive psychology science-based principles and practices for a meaningful life.

Think101x

The Science of Everyday Thinking

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Learning How to Learn

The future

To finish

1. What can learners do to learn more deeply and more efficiently?

2. How important is it to make learners aware of these issues? How important is it for learners to learn how to learn?

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