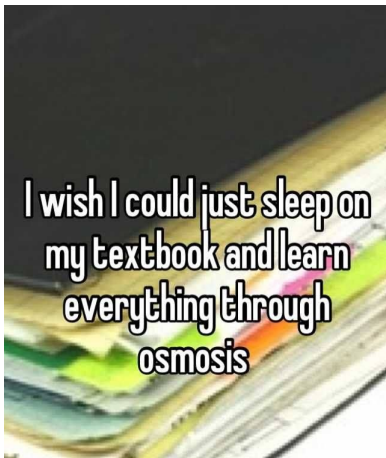


- 1 What are benefits and limitations of “rereading” (viewing)?
- 2 Think of practical ways to “self-quiz” (actively retrieve)?
- 3 How do you study for a test?
- 4 Dr. McDaniel advocates a process that requires a large amount of time. How can we benefit while still balancing time constraints such as sleep?



The Science of Successful Learning

Embrace difficulties

The more effort required to retrieve, the more learning takes place.

STEP
01



Avoid illusions of knowing

Familiarity is not mastery. We are drawn to immediate, short term gains, not slower, effortful, long term retention.

STEP
02

To learn, retrieve

Periodic practice and testing strengthens retrieval routes. Test yourself rather than constantly re-reading notes.

STEP
03



Space it out, mix it up

When testing yourself, variety, and a little time to forget, raises the challenge of retrieval and results in greater retention.

STEP
04



Move beyond learning styles

We have multiple intelligences and by drawing on a wide variety, you improve retention.

STEP
05



What are you most excited about learning or taking away from college overall?

Or, if you prefer to focus on a shorter timeframe, you could answer this question for the semester.

me: grades don't really matter
at the end of the day

me: life is so much more than
how well you did on a test on a
subject you'll forget in five
years

me: we can't be measured by
percentages and grade point
averages

gets a bad grade

me: I've brought dishonor to
myself, my family and my cow

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- 1 Think about your thoughts on your own first.
 - What are the goals of a university education?
 - How does a person learn something new?
- 2 Discuss your answers with a group.
- 3 Prepare to share the discussion with the rest of the class

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- What can you reasonably expect to remember from your courses in 20 years?

- What is the value of making mistakes in the learning process?
- How do we create a safe environment where risk taking is encouraged and productive failure is valued?

Adapted from Dana Ernst

What did college graduates who went on to change the world and gain admiration of people in their field do while in college?

