COMMON LEARNING TECHNIQUES

***Learning Techniques:**

The study skills or strategies which are applied to learning something is called as learning techniques.

Some of the learning techniques:

1.Self-Explanation:

The term Self-Explanation was identified by the Dunlosky in 2013. It is the one of the learning techniques. It can be defined as:

Self-Explanation means the way in which we explain the things ourselves. In this way we learn things by our self. We can gain a lot of knowledge when we find out the solutions by explaining ourselves. This technique helps us to gain thinking skills. When we explain ourselves, we remember the things for long time. Self-explanation can be particularly help us to pick up concepts rather than simple method for memorizing facts.

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- **Desirable difficulty:**

The term desirable difficulty was discovered by Robert A. Bjork in 1994. It is one of the best principles of science of learning which is frequently used by students. The word Desire means that something which we wanted very badly at any cost. So, the term Desirable difficulty is a learning task that requires a desirable amount of effort, thereby improving long-term performance. This technique can be mainly used during objective types exams. This objective type exam is deeply involved in a particular topic. Whenever while solving a difficult problem, we can use self-explanation technique to memorize and finish the problems easily.

- **Make and use associations:**

Build on prior associations is the principle that is integral in the effectiveness of self-explanation. When you explain something in your own words, making associations with previously known information helps in effectively conveying the subject matter. We also receive feedback when we explain something to others. Feedback shows the errors/weak points in our learning. Deliberate practise is one such learning principle which includes consciously working on our errors tirelessly

which leads us to become a better explainer and a better student overall.

Citation: Kosslyn, S. M. (2017). The science of learning. In S. M. Kosslyn & B. Nelson (Eds.), *Working universities: Minerva and the future of higher education*. Cambridge, MA: MIT Press.

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2.Re-Reading:

Re-reading is basically reading a particular amount of text repetitively. It is one of the most followed study techniques by students all over the world. This technique helps in retaining information for long periods of time. People believe that the more the number of times you read, the better is your understanding. But this is not true as simply re-reading without analysing the text does not give any understanding of the material. We commonly use this technique because it is easily accessible and doesn't require a major effort.

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- **Dual code:**

Dual coding is a learning principle that goes hand in hand with re-reading. The combination of visual and verbal information amplifies our memory retention since both forms of memory is stored in different parts of the brain which enables for better digging up of information when needed. For example, distinguishing between people with the same name is very easy with dual codes. Re-reading paragraphs which have both verbal and visual information provide us with long term benefits.

- **Deep processing:**

Deep processing is nothing but asking questions in between, explaining to ourselves what we understood up to certain parts of the text, thinking of logical applications, etc. When we apply this to re-reading it will obviously be helpful as if we don't get the answer to the question in the first attempt we may get them in the next.

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