

Learning
how to learn

Effective study habits

Warm up

How do you study when learning a topic?

What is currently going well?

What gets in the way?

Spacing

Squeezing

Recalling

Rereading

Integrating

Isolating

Helping

Holding back

Focusing

Facebooking

Breaking

Burning out

Recall

Which were the six study habits
we just went through?

Discussion

Which of these habits do you think could benefit you the most?

1. Spacing
2. Recalling
3. Integrating
4. Helping
5. Focusing
6. Breaking

Effective teaching practices

Effective teaching

1. A mix of instruction and active learning
2. Repeated testing with timely feedback
3. Space out exposure to concepts over time