

Prep week: self study

1. define learning (according to Berkley center for teaching)
Learning is a process that results in a change in knowledge or behavior as a result of some experience.
learning is usually about learning
to do things.
2. what is learning according to behaviorists?
learning is a production of desired behaviors. And it is about repetition of the desired behavior or
information, incremental progression of tasks, and continuous positive reinforcement.
3. What you will typically be found in a behaviorist classroom?
repetition, incremental progress, positive reinforcement.
4. What is knowledge according to constructivism?
something you actively construct for yourself, and not something you passively absorb into an empty space
in your head.
5. What is learning according to constructivism?
learning involves actively interpreting and assimilating new information into mental models that already
exist.
Learning involves actively transforming those mental models as you encounter new information related
to them. Learning requires explanation, reflection, and consideration, not just memorization.
6. How the constructivism model is different than the behaviorism one?
behaviorism focuses on external stimuli, reinforcement, and observable behaviors, constructivism
emphasizes internal cognitive processes, active construction of knowledge, and the social context of
learning.
7. What is the ZPD? How it connects to learning and development?
The ZPD is a way of describing a child's development level, not just in terms of what the child can
do independently, but in terms of what the child is about to be able to do with help and is on the
road to be able to do independently.
8. When the best time and what is the best way to teach according to Lev Vygotsky?
The idea is that the best learning happens when students are engaged in activities that they could not
do successfully by themselves because they internalize the help that they get from more knowledgeable
or more capable others, whether those are instructors or mentors, or more advanced peers in those
activities.
9. How culture is related to knowledge and learning?
Everything we do, everything we know, everything we value,
every argument we make, all of this is due in part to the culture we exist in.
culture means the set of rules and beliefs that describe what a group of people know and how they do
things.

10. What are the 3 key points to be an effective learner?

choose what matters.

do what matters.

get help.

11. Define what motivation is. What is the difference between intrinsic and external motivation?

is the drive to perform an action.

Extrinsic motivation and intrinsic motivation.

extrinsic motivation is when we do something for rewards that are external to the action we're taking.

While intrinsic motivated when the action itself is reason enough to do it.

We do some things because we find doing them is fulfilling, not because of the promise of some future

12. What is SDT? What are the 3 psychological human needs?

self-determination theory

According to SDT all humans, have three psychological needs: competence, relatedness, and autonomy.

Competence is the feeling that you are able to be effective at the things you do.

Relatedness is the feeling that you are connected to others.

Autonomy is the feeling that you are the source of your actions.

13. What is controlled motivation?

Means that you are being motivated

by a fear of punishment or consequence over some reward that you have been trained to accept as necessary

14. Why setting goals is important in learning?

Goals provide direction so that you can truly focus on the outcomes you want to achieve.

Goals help you identify what that route should be.

Goals can help you define your path before you get started, but they can also help you along the way.

15. What makes a good goal? Why?

Your goal should focus on an authentic, real world outcome.

In other words, you should choose a learning goal that matters to you.

16. What is the SMART framework? Describe your goals in this bootcamp using the SMART method.

Each letter of SMART refers to a quality your goal should have.

S stands for specific. M stands for measurable. A stands for attainable. R stands for relevant. And T stands for Time-Based.

To become frontend developer and find a job within three months of the end of the course.

17. Why doing is such an important thing during learning? What can be problematic in this regard, specifically in learning programming?

using the SMART framework. Make it specific. Clearly state the particular action you'll be able to do by completing this goal. Make it measurable.

Consider the time you'll need to dedicate to this learning goal and pick a specific end date. Once you have this goal,

18. What is “transfer” in learning?

We talk about this process as Transfer. As in you can transfer your understanding of something to a new context.

19. What are learning objectives? Define what learning objective you want from this bootcamp.

Objectives answer the question: What should you be able to do if you complete a learning experience? Learning objectives are used in instructional design to make sure that learning experiences have the right activities.

20. Why are reflections important in learning?

Reflection plays a key role in learning every step of the way.

It allows you to take a step back from the information you've been given to consider how it fits with your existing knowledge and how it applies to you and your life.

Reflection also allows you to pause and check in with yourself as you learn.

21. How to make sure that you are not memorizing but understanding?

Re-state things in your own words.

Second, you need to focus on relationships and rationales.

22. Why is learning together important?

Research suggests that when students collaborate on class projects, they learn the material better.

Working with others can provide opportunities for you to learn from more people by getting different perspectives and getting help or unstuck with the help of your fellow learners.

Our bodies and minds are heightened in the presence of others.

We are more alert, more aware. This alertness can lead to better learning.

Collaborative or shared work can be very motivating.

23. What is the role of repetition in learning?

You may need to use repetition to help you remember stuff before you can use that stuff to do something new.

24. Is memorizing important in learning? When? Why?

While simply knowing or memorizing facts is typically not what you should aim for when learning, there may be times when that's necessary.

If the goal is to pass a test or certification exam that requires you to know a bunch of information.

Ideally, you're also learning how to authentically use that information to perform the skill that you're being tested on,

but you also just need to know stuff for the test.

25. What are the 3 main process of our memory? Explain each one.

Memory consists of three processes encoding, storage, and retrieval.

Encoding is the process of turning information into a memory.

Storage refers to how an encoded memory is held in the brain, either in short term or long term memory.

Retrieval occurs when you need to access previously stored information.