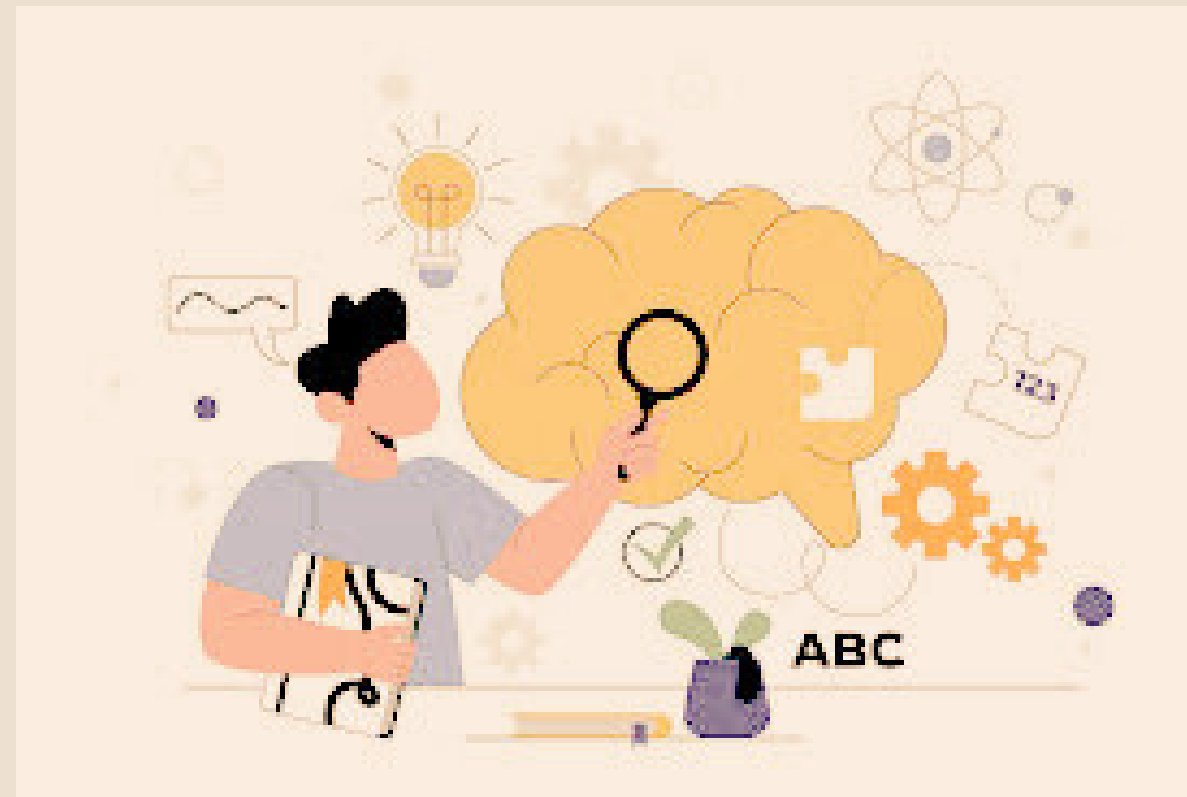


PSYCHOLOGICAL FACTORS IN LEARNING AND EDUCATION

Understanding key psychological influences on learning.



Presented By : Aparna Kumar
Velammal Vidhyashram | 2025

COGNITIVE FACTORS

- **Memory & Retention: Repetition, visualization, association**
- **Attention & Focus: Minimize distractions, structured learning**
- **Learning Styles: Visual, auditory, kinesthetic**



CAROL DWECK'S THEORY ON PSYCHOLOGICAL FACTORS IN LEARNING AND EDUCATION

Carol Dweck's research highlights how mindset affects learning, motivation, and success. She identified two key psychological factors that influence students' approach to learning:

Mindset (Growth vs. Fixed)

Motivation and the Role of Effort



INTERACTIVE ACTIVITIES TO HELP STUDENTS UNDERSTAND AND APPLY CAROL DWECK'S GROWTH MINDSET THEORY

- **"Famous Failures" Storytelling**

Objective: Show that mistakes and failures are stepping stones to success.

- **Growth Mindset vs. Fixed Mindset Role Play**

Objective: Help students recognize the difference between fixed and growth mindsets.

- **The Brain is Like a Muscle (Simple Science Experiment)**

Objective: Explain neuroplasticity—how the brain grows with effort and practice.

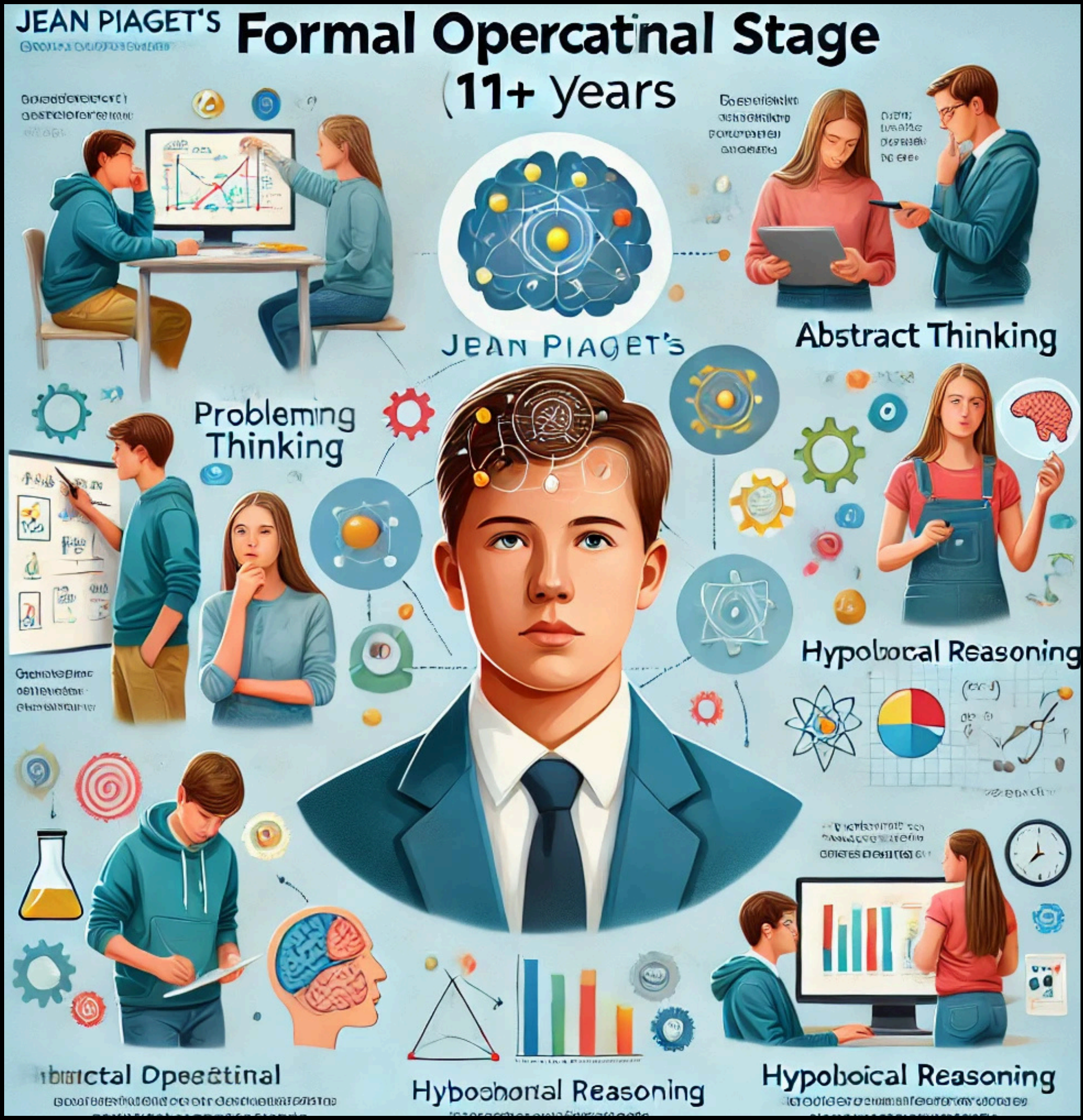
Classroom Activity -2

- **"Change Your Words, Change Your Mindset"**

Objective: Teach students how to reframe negative thoughts into growth mindset statements.

- **Success Jar Activity**

Objective: Reinforce positive reinforcement and motivation.



Cognitive Development (Piaget's theory).

DISCUSSION POINTS

- **What study techniques improve memory?**
- **How does motivation affect learning?**
- **Do you prefer group or independent study?**
- **Can reinforcement shape learning?**
- **Is intelligence fixed or flexible?**

CONCLUSION

- **Psychological factors shape education**
- **Understanding them improves learning strategies**
- **Applying insights enhances academic success**