

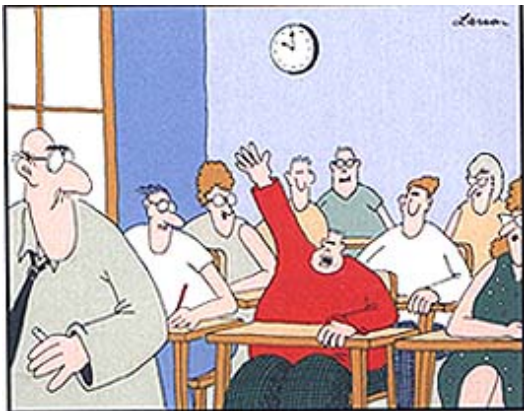
Notes on Effective Learning

Based on
make it stick

The Science of Successful Learning
Brown, Roediger & McDaniel, 2014

September 5, 2022

There is no such thing as a full brain



"Mr. Osborne, may I be excused?
My brain is full."

There is no known limit to the capacity for learning

- 2010 Simon Reinhard memorized 300 random words in 15 minutes.
- 2008 Ben Pridmore memorized 884 shuffled playing cards in 30 minutes.
- 2010 Boris-Nikolai Konrad memorized 201 names and faces in 15 minutes.

Learning changes your brain

- Every time you learn something you **change your brain**.
 - Most learning involves reinforcing connections between neurons.
 - The hippocampus, important in long-term memory, actually creates new neurons throughout your life.
- But these things happen in your brain *only if they have to*.
- When learning is hard, you're improving your brain.

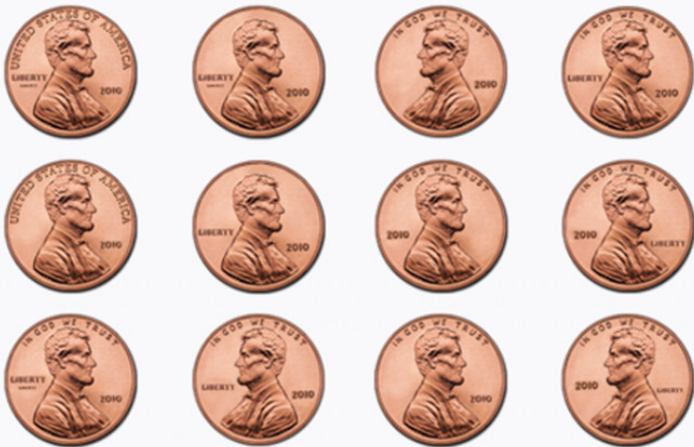
The roughest roads often lead to the top.

— *Christina Aguilera*

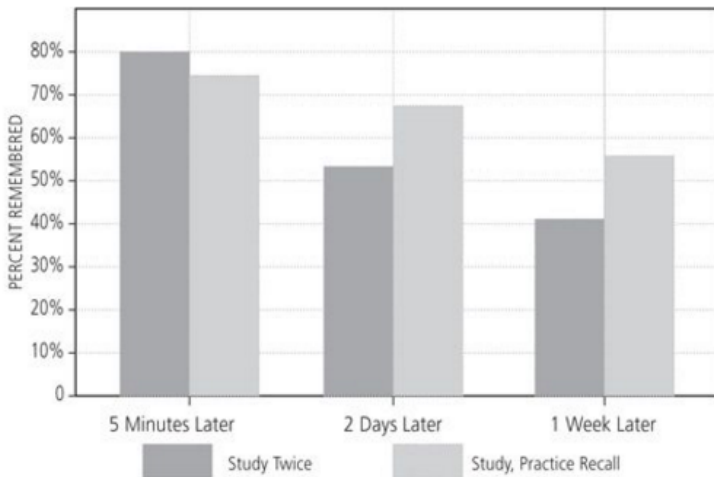
Learning: you're doing it wrong

- Learning is best when it's *effortful*.
- We are *poor judges* of when we are learning well.
- Bad learning habits:
 - *Rereading text* gives little benefit but leads to false sense of mastery.
 - *Massed practiced*, repeating something over and over until memorized, does not work.

Which penny is real?

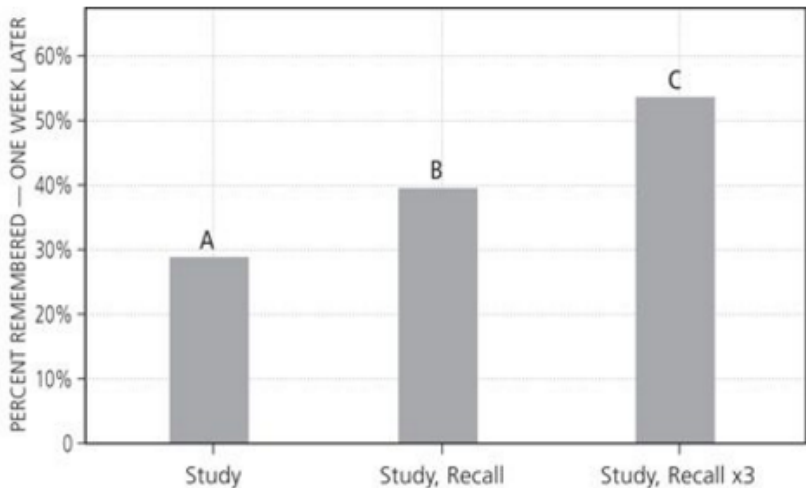


Study vs. Testing



**TWO DIFFERENT STUDY SCHEMES (STUDY TWICE VS. STUDY + TEST)
RECALL RESULTS AFTER FIVE MINUTES, TWO DAYS, OR ONE WEEK**

Testing vs. More Testing



THREE DIFFERENT STUDY STRATEGIES
RECALL RESULTS, ONE WEEK LATER

Learning: doing it right

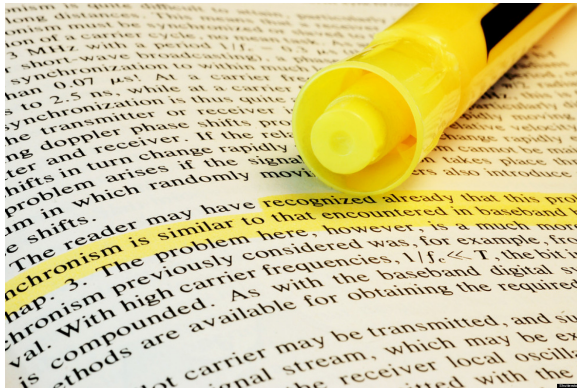
- *Retrieval practice* is far more effective.
- Flash cards are the simplest example.



- Trying to solve a problem yourself leads to better learning,
- ... even if you try before you know how
- ... even if errors are made

We are all susceptible to **illusions** of learning

- Reading and rereading the text gives the **illusion** of fluency.
- Highlighting the text gives the **illusion** of mastery.



Testing dispells illusions

- **Testing** helps calibrate our judgements.
- Only shooting an azimuth gives us the truth.



Tests: assessment vs. learning tool

We are what we repeatedly do. Excellence, then, is not an act, but a habit.

—Aristotle

Exercise in repeatedly recalling a thing strengthens the memory.

An experiment

- Subjects were given passages to read.
- Some passages were immediately tested on.
- Other passages were reread.
- **Tested passages were remembered better.**

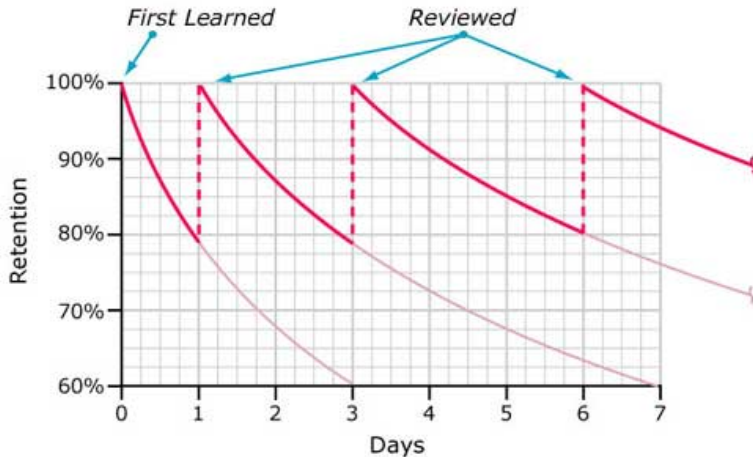
Another experiment

- Some subjects asked to memorize pairs like *foot-shoe*
- Others asked to memorize pairs like *foot-s__e*
- **Second group did substantially better.**

QUIZZING IS A LEARNING TOOL!

Spaced repetition is the most effective

Typical Forgetting Curve for Newly Learned Information



How to practice retrieving from memory

- Quiz, quiz, quiz!
- Use flash cards: www.ankisrs.net
- Use Cornell note taking system
http://lsc.cornell.edu/LSC_Resources/cornellsystem.pdf
- Look up from the book and summarize
- Invent quiz questions as you read
- Don't listen to your intuition! Shoot an azimuth!
- Space out retrieval practice, no cramming.

Relate it to your own experience

Generation: Try to answer a problem before being shown the solution.

Elaboration: Explain it in your own words and relate it to your own experience.

Reflection: Write out essays on your learning.

Wish for the new year

I hope that in this year to come, you make mistakes.

Because if you are making mistakes, then you are making new things, trying new things, learning, living, pushing yourself, changing yourself, changing your world. You're doing things you've never done before, and more importantly, you're Doing Something.

So that's my wish for you, and all of us, and my wish for myself. Make New Mistakes. Make glorious, amazing mistakes. Make mistakes nobody's ever made before. Don't freeze, don't stop, don't worry that it isn't good enough, or it isn't perfect, whatever it is: art, or love, or work or family or life.

Whatever it is you're scared of doing, Do it.

Make your mistakes, next year and forever.

—Neil Gaiman
creator, *The Sandman*