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ACT 205

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**Make it Stick essay #3**

In chapter 7, Brown discusses ways to increase your ability to learn efficiently, and so, the information is concrete. He argues the fact that intelligence or IQ of a person is entirely malleable as opposed to constant. He stresses that students will thrive more if they were to have a growth mindset and focus on learning, rather than their ability at that one point in time. For example, if a student were to get a bad grade on an exam then sit there and dwell on it, this is not growth mindset. Instead, the student should focus on what they got wrong and how to fix it. If the student then realizes how important learning is, and they invoke in actions such as increasing challenges in their studying processes, then the student will thrive without a doubt.

In chapter 8, Brown circles back to the notion of granting us (students, instructors, and trainers) with the gift of his knowledge of retrieval practices. For students, Brown discusses what makes a student successful. What makes a student successful, according to Brown, is a student who takes charge of their learning. We also discuss the nature of learning, as you must learn to get past all the “Man this is going to take so long”, or “I’ll just copy it from someone else, or won’t do it”. If the learner decides to accept the fate that learning is just hard, and always will be hard, then the student will tend to focus on learning rather than concentrating on how boring the learning process actually is. Brown also reevaluates the notion of retrieval practice, which is basically, in short, simply just quizzing yourself.