Learner strategies are the conscious, goal-oriented actions and techniques that a person uses to make learning more efficient, effective, and manageable. They are the "how-to" of learning, enabling a person to become a more independent and successful learner.

These strategies are often categorized into three main types:

Cognitive Strategies

These strategies involve direct interaction with the learning material. They are the mental processes a learner uses to manipulate, transform, and practice new information to improve understanding and retention.

- **Rehearsal:** Repeating information to remember it, such as memorizing vocabulary lists.

- **Elaboration:** Connecting new information to existing knowledge. For example, creating analogies or linking a new concept to a personal experience.

- **Organization:** Structuring information to make it easier to recall, such as creating outlines, mind maps, or semantic webs.

Metacognitive Strategies

These are higher-level strategies that involve thinking about one's own thinking process. They allow learners to plan, monitor, and evaluate their own learning. These strategies are essential for self-regulation and problem-solving.

- **Planning:** Setting goals and creating a study plan. For example, deciding what to study and for how long.

- **Monitoring:** Checking one's own understanding while learning. This includes asking, "Do I understand this?" and identifying areas of confusion.

- **Evaluating:** Assessing one's performance after a task is complete. This includes reflecting on what worked and what didn't to improve future learning.

Socio-Affective Strategies

These strategies involve managing emotions, working with others, and seeking help to facilitate learning. They recognize that learning is not just a mental process but also a social and emotional one.

- **Cooperation:** Working with peers to learn, such as in group projects or study sessions.

- **Questioning:** Asking an instructor or more knowledgeable peer for clarification or assistance.

- **Self-Encouragement:** Using positive self-talk to manage anxiety and maintain motivation, such as saying, "I can do this" when facing a difficult task.

- **Emotional Regulation:** Using techniques like relaxation or deep breathing to control anxiety during a test or presentation.