

LEARNING STRATEGIES



Keep in mind: It can be difficult to change the way that we learn. You must remain intentional, aware, and mindful through the entire process.

INFORMATION PROCESSING SYSTEM

Short Term Sensory Store (STSS): All information (seen, heard, smelled, etc.) is briefly stored here, but is forgotten in a matter of seconds.

Working Memory (WM): Known as the "Center of Consciousness" where information is actively processed. A few things can happen here:

- Info can be lost or forgotten
- Info can be retained for a small period of time with repetition
- Info can move to LTM when using the proper learning strategies

Long Term Memory (LTM): Permanently stores information that is not being used for long periods of time. Information can be retrieved and used at a later time. Generally believed that unlimited information can be stored here if moved from WM by elaborating and drawing connections to information that already exists in LTM.

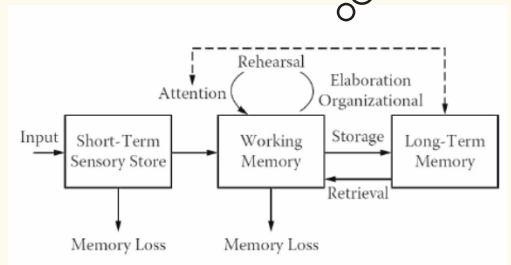
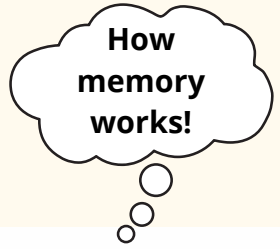


Figure 3.1: A Model of the Information Processing System (Dembo & Seli, 2013, p. 80)

ROTE LEARNING

VS.

MEANINGFUL LEARNING

- Repetition
- Memorizing
- Cramming
- Stays in WM (at best)
- Information is lost when repetition stops

- Making connections to prior knowledge
- Ability to solve a problem multiple ways
- Summarizing
- Moving information to LTM

REHERSAL STRATEGIES

The process of repeating information in order to retain it in your WM

- Copying material
- Note taking, especially when trying to take verbatim notes
- Underlining or highlighting text
- Copying PowerPoint slides
- Reading and re-reading the textbook without taking notes

ELABORATION STRATEGIES

Connects new information to knowledge stored in your LTM, which increases the chance that you are "learning" versus simply "retaining" the material

- Summarizing
- Creating your own questions and answering them
- Paraphrasing or condensing notes into your own words
- "Note Making" (see our "Taking Notes" graphic for more guidance)
- Creating analogies
- Creating examples
- Annotating by relating new information and making connections to concepts that you are already familiar with

ORGANIZATIONAL STRATEGIES

Allows for connections and interrelationships to be made when new information is learned.

- Providing organization and structure to how you receive new information because information cannot be learned when it is scattered
- Outlining method when taking notes (during lecture or reading textbook)
- Grouping notes thematically (by main idea, related concepts, etc.)
- Representation of information through mapping, diagrams, hierarchies tables, etc.
- Identify gaps that may exist in your knowledge, notes, etc. and use your resources (professor, peer, textbook, etc.) to bridge your understanding