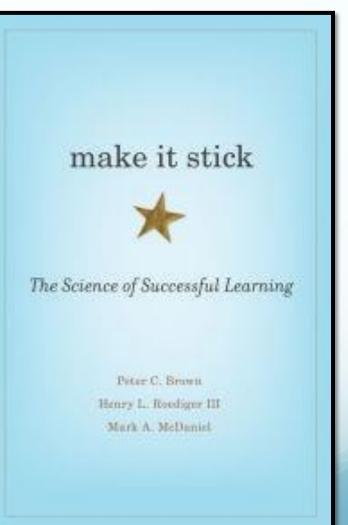
Putting Cognitive Science Theories to Work to Make Learning Stick!

Lisa DelSignore, MD

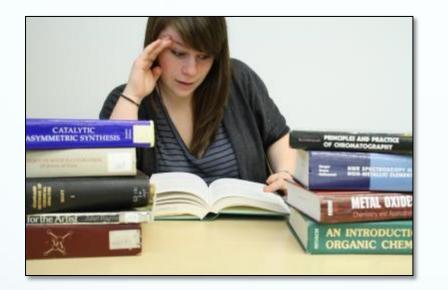
Learning is HARD WORK!

"Learning is deeper and more durable when it is effortful."



Brown PC, Roediger HL, McDaniel MA. Make it Stick. Belknap Press, April 2014.

Examples of Least Productive Learning Strategies

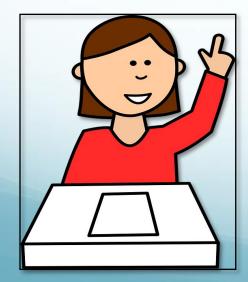


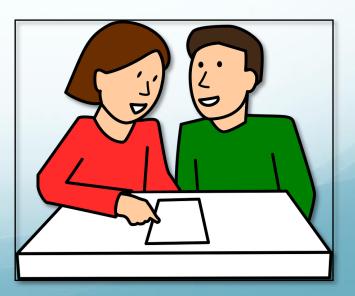




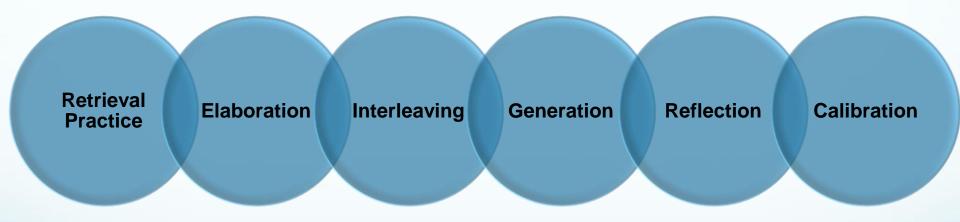
Active Learning for Mastery







Learning for Mastery: 6 Key Activities



Baer, Drake. "7 Memory Skills That Will Make You Way Smarter." *Business Insider*, 18 June 2014, www.businessinsider.com/learning-hacks-that-will-maximize-your-memory. Accessed 9 Oct 2014.



Desirable Difficulties

 Use of cognitive learning strategies can be uncomfortable and difficult

 Avoid evolution to undesirable difficulties if learners lack underlying knowledge

Feedback: Praise learner's efforts over knowledge

Brown PC, Roediger HL, McDaniel MA. Make it Stick. Belknap Press, April 2014.