## 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."

## make it stick



The Science of Successful Learning

PeterC. Brawil
Henry L. Reodímer III
Man A Mebleniat

## 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

