Putting Cognitive Science Theories to Work to Make Learning Stick!

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Learning is HARD WORK!

“Learning is deeper and more durable when it is effortful.”

Examples of Least Productive Learning Strategies
Active Learning for Mastery
Learning for Mastery: 6 Key Activities

- Retrieval Practice
- Elaboration
- Interleaving
- Generation
- Reflection
- Calibration

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