

# Study Skills: Learning How to Learn

**Study Skill Course**  
**Dept of Medical Education**  
**College of Medicine**

# Overview

**How is undergraduate learning different?**

**How to learn deeply and actively?**

**What is your learning style?**

**How to promote reflective learning?**

# OBJECTIVES

- **To define “Learning” & learning principles.**
- **To recognize that undergraduate learning different from secondary school.**
- **To identify different types of learning**
- **To apply these learning principles to our daily learning activities.**

# **Some Opening Thoughts**

**Successful people have made a decision to be successful!**

**Success is a journey not a destination**

**What is Learning??**

# Learning:

**The process of acquisition of new knowledge, skills, attitudes, values, behaviours, preferences, & understanding.....**

**It is **not** only knowledge**

**You should be able to demonstrate such new learning**

# Study: a definition

“ Reading with a purpose i.e to obtain specific answers to specific questions”

*Ailan Moran*

**How is  
learning & studying as  
an undergraduate  
different to  
learning & studying as  
a secondary school student?**



# University vs. secondary school education

	Secondary education	Undergraduate education
<b>Sources</b>	Mainly from teachers & books	Not only from teachers. Books, internet, peers are also very important
<b>Orientati on</b>	More knowledge oriented	Not only knowledge. In a professional course there are skills and behaviours
<b>Goals</b>	To pass an exam	Not only to pass an exam, but mainly to train for a profession (especially in a professional course)
<b>Type of learning</b>	Passive and superficial mostly (unfortunately)	Active and deep learning. Learning needs to be with you for a lifetime
<b>Methods</b>	Mainly books & teacher's notes	Lectures, small group discussions, computer assisted learning, library, internet, clinical skills sessions, laboratory
<b>Assessm ent</b>	Written exams	Written exams, practicals (OSPE), vivas (oral exams), clinical exams (e.g. &

# Why are these differences in learning?

## We consider you as adult learners

**The need to know** — adult learners need to know why they need to learn something before undertaking to learn it

**Learner self-concept** — need to be responsible for their own decisions

**Role of learners' experience** — have a variety of experiences of life - the richest resource for learning

**Readiness to learn** — are ready to learn those things they need to know in order to cope effectively with life situations

**Orientation to learning** — are motivated to learn to the extent that they perceive that it will help them perform tasks they confront in their life situations.

# If adult learning is to be achieved.....

Learning has to be **deep** and **active** learning as opposed to superficial and passive learning

## Why is deep/active learning important?

- Superficial learning is easily and very quickly forgotten
- With superficial learning you will not be able to **apply** or use it in practical situations
- Deep learning accommodates varying **learning styles**

# How can deep /active learning be achieved?

Do not be a passive receiver of information. Try to **interact** with information and try to **apply** it and try **to do different things** with that information.

# What do we remember?

- **20% of what we read**
- **30% of what we hear**
- **40% of what we see**
- **50% of what we say**
- **60% of what we do**
- **90% of what we read, hear, see, say and do**

# Learn actively and deeply

- **Don't** just read and close the book
- Try to do different things with what you have read immediately after writing
  - ✓ draw flow charts
  - ✓ draw diagrams using colour
  - ✓ write a summary
  - ✓ attempt answering pass papers

**In short, interact with what you have learned**

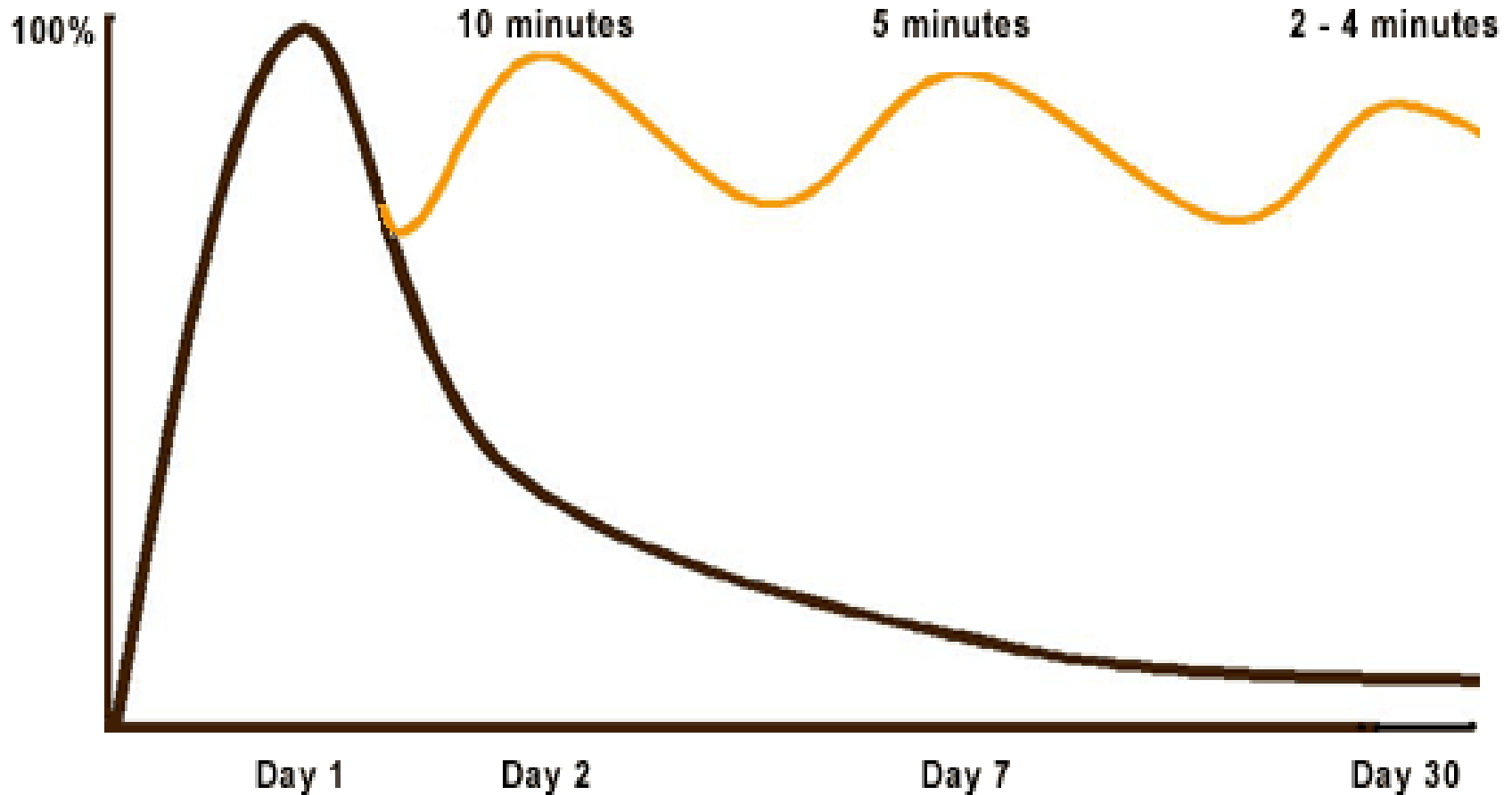
# How to shift information from short term to long term memory?

1. Learn actively & deeply
2. Revisit, repeat & revise

## Important points about revisiting & revision

- ✓ There is no special place or time to revise.
- ✓ Try to revisit and repeat at every given opportunity.
- ✓ Do not wait until you finish studying to revise.

# Forgetting curve





**Why there is  
differences in Learning  
from one person to  
Other??**

# Learning styles I

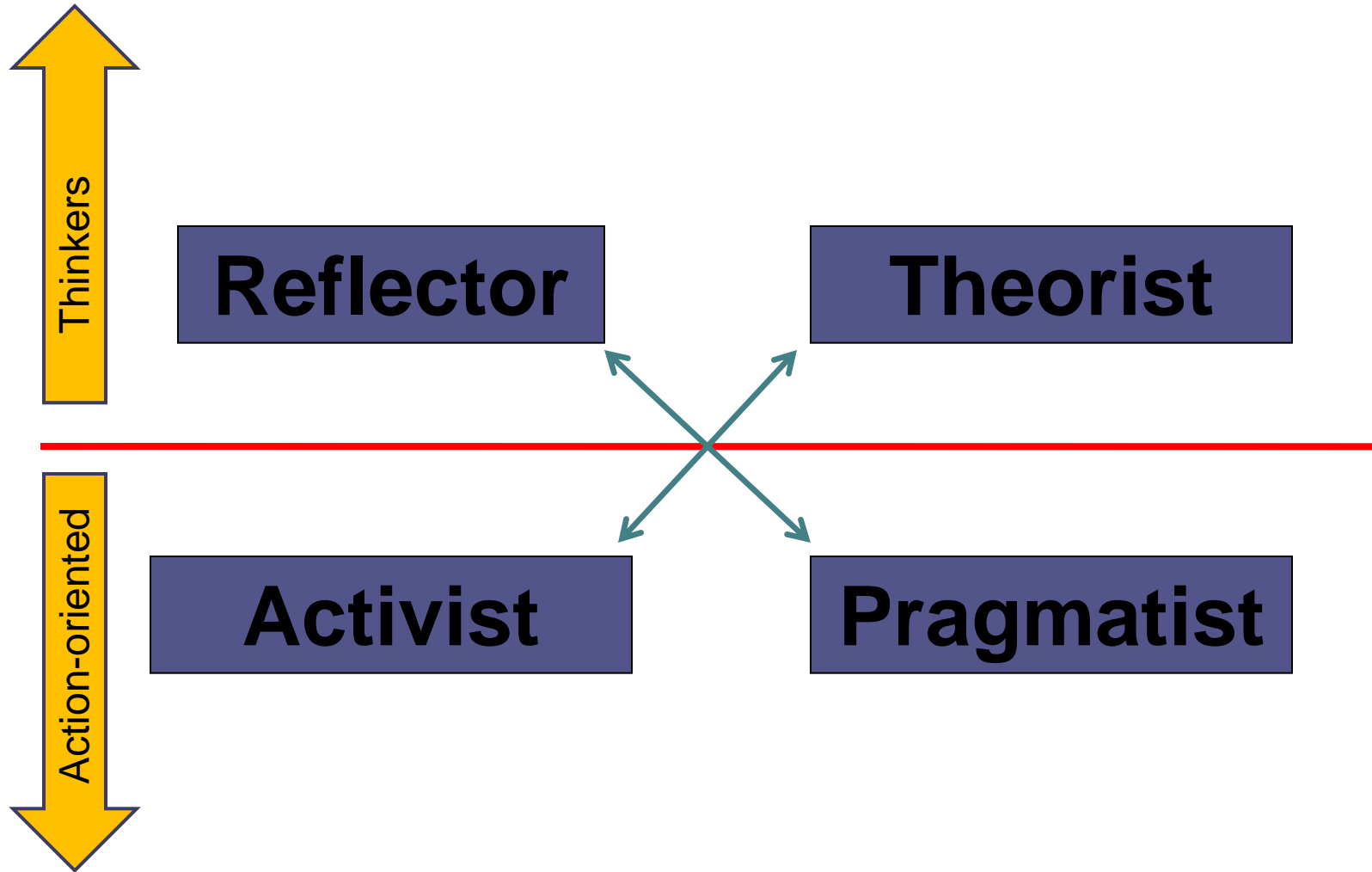
**Visual learner**

**Auditory learner**

**Reading/writing**

**Kinaesthetic learner**

# Learning styles II



- Your learning style =

How you perceive information

+

How you process information

# WHAT IS LEARNING STYLES?

- The way in which each individual learner begins to concentrate on, process, absorb, and retain new and difficult information.
- Learning styles are the most important tool for us when we construct knowledge.
- The right way of studying does not exist.
- Everybody learns in his individual way, but without knowing this way, you can't learn efficiently – sometimes you can't learn at all. **SO**
- Learning styles are strategies or regular mental behaviors that are habitually applied by an individual to learning.

## **Classical classification of Learning styles:**

- Visual (prefer to learn by seeing)
- Auditory (prefer to learn by sound)
- Kinesthetic (prefer to learn by doing)
- Verbal (linguistic) learning style
- Logical (mathematical) learning style
- Social (interpersonal) learning style

## Visual style:

### \* Characteristics

- – prefer to see the information
- - like reading text
- – memorizes by writing repeatedly
- – when inactive, doodles, looks around

### \*Enhancing

- – Visualization-imagine
- – Visual prompts
- – Concept maps
- - visual representation of information-posters  
etc

## **Auditory style:**

### \* Characteristics

- – like to listen to teacher
- – talks fluently and logically
- – memorizes by repeating words aloud
- – inactivity leads to talking to self or others

### \* Enhancing

- – active listening
- – rhyme and rhythm-mnemonics
- – imagine you can hear ...



# **Kinesthetic**

## \* Characteristics

- hands on
- talks about actions, speaks more slowly
- inactivity leads to fidgeting
- distracted by physical disturbance

## \* Enhancing

- use objects that can be manipulated
- acting out
- body language and physical movements

## **The verbal (linguistic) style:**

- Involves both the written and spoken word.
- Express both in writing and verbally.
- love reading and writing.
- Know the meaning of many words
- The temporal and frontal lobes drive this style.

## **The logical (mathematical) style:**

- using brain for logical and mathematical reasoning. classify and group information to learn or understand
- Work well with numbers and perform complex calculations.
- Work through problems and issues in a systematic way
- The parietal lobes, especially the left side, drive our logical thinking.

## **The social (interpersonal) style:**

- Communication well with people, both verbally and non-verbally.
- listen well and understand other's views.
- Prefer learning in groups
- prefer to stay around and talk with others.
- The frontal and temporal lobes handle much of our social activities

# Perceptual Elements of style

## Auditory Learners

Remember best when they **LISTEN** to a lecture, a presentation, or an audiotape.

## Visual Picture Learners

Remember best when they **SEE** (create) mental images of what they hear or read.

## Visual Text Learners

Remember best when they **READ** the written word (textbooks, memos, and e-mail messages)

## Tactile and/or Kinesthetic Learners

Remember best by **DOING** rather than sitting and listening, reading, or thinking about the information

## Verbal Learners

Remember best when they **DISCUSS** with others the new and complex information they are learning.

# How can you learn from learning experiences (both academic & non-academic)?

By active reflection

What is **reflection**?

Reflection is purposeful and systematic revisiting of a learning experience with a view to learning

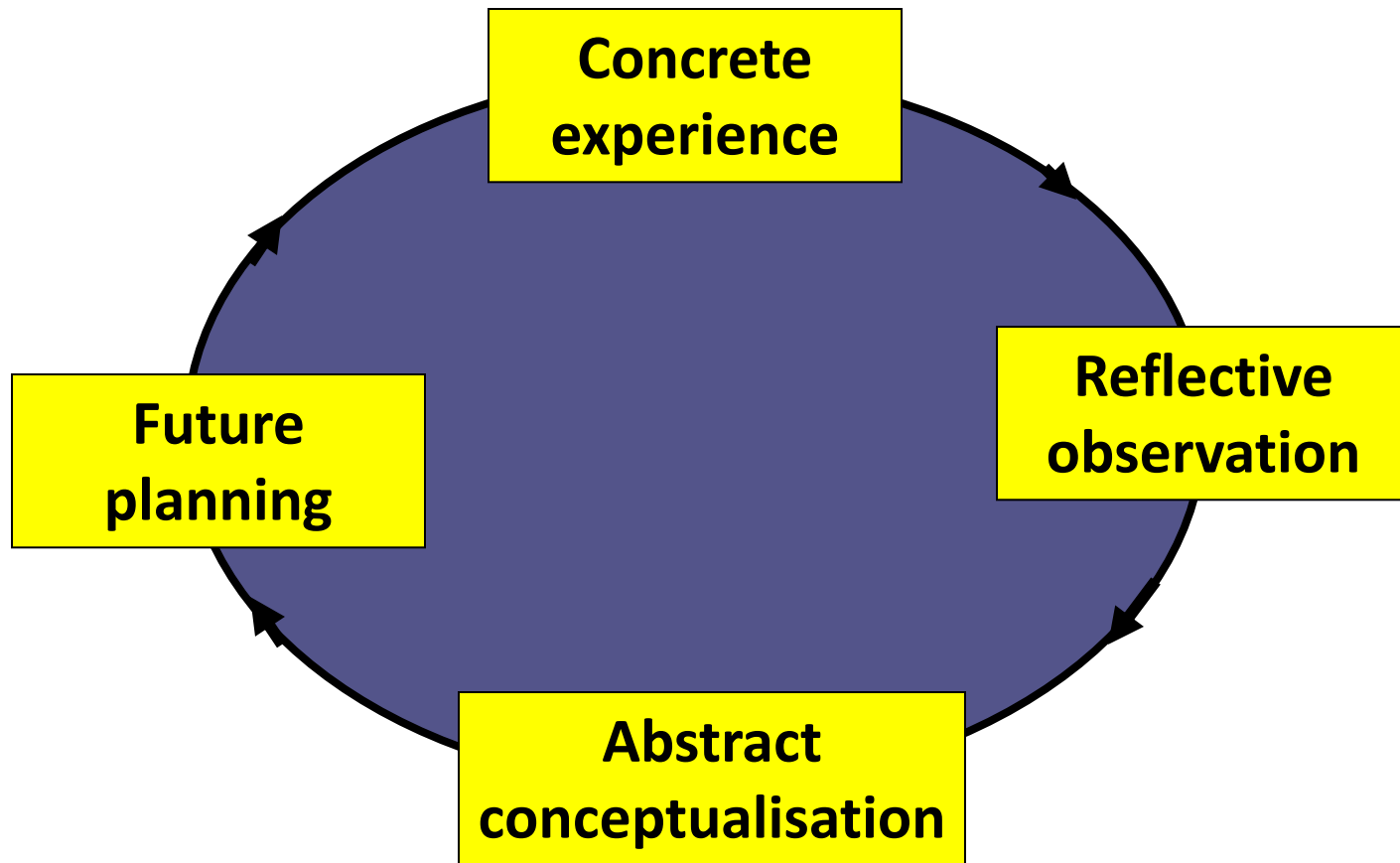
What is a **learning experience**?

Any incident that you either participate in or see/hear

# Reflection - cyclical process

- many ways

## Kolb's cycle

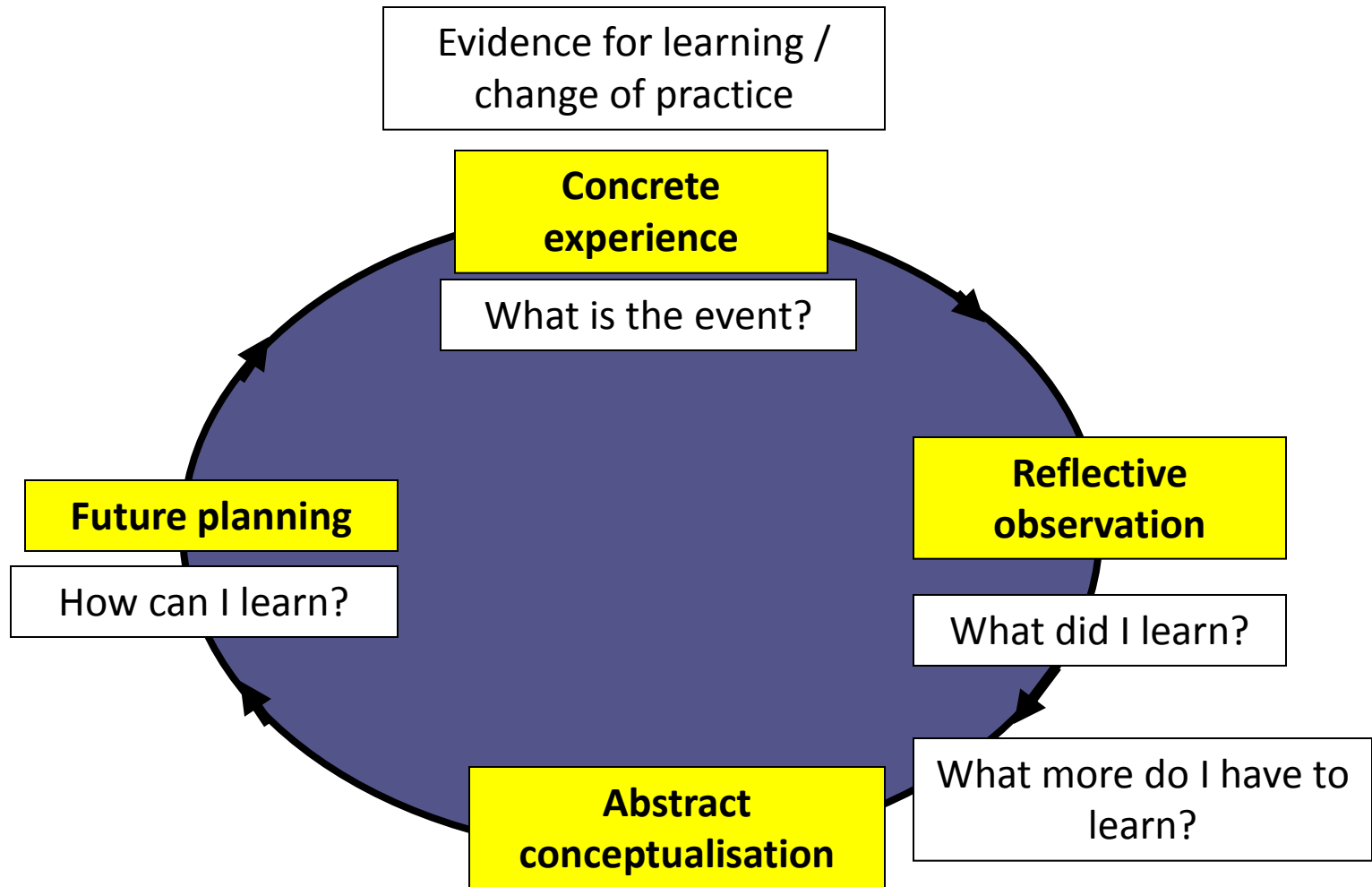


## **Reflective cycle: a simplified version**

- 1. What is the learning event?**
- 2. What did I learn?**
- 3. What more do I have to learn?**
- 4. How can I learn it?**
- 5. Evidence for further learning /  
change of practice?**



# Reflection



# Why should you participate in other non-academic activities?

They provide a rich source of learning experiences for you to develop a lot of abilities

- Communication/interpersonal skills
- Team work and leadership
- Decision making
- Organisational and management abilities
- Attitudes
- Personal development

Key to **holistic education**

# Summary

**Learning in university is fundamentally different from learning in secondary school**

**Active and deep learning is the key to success in the university (and in later life)**

**Identify the learning style that suits you best to achieve deep learning and use it to the maximum**

**Try to learn from all experiences (both academic and non-academic) in the university**

*I wish you a very successful and  
enjoyable time in your course*

*All the best*