

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!

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

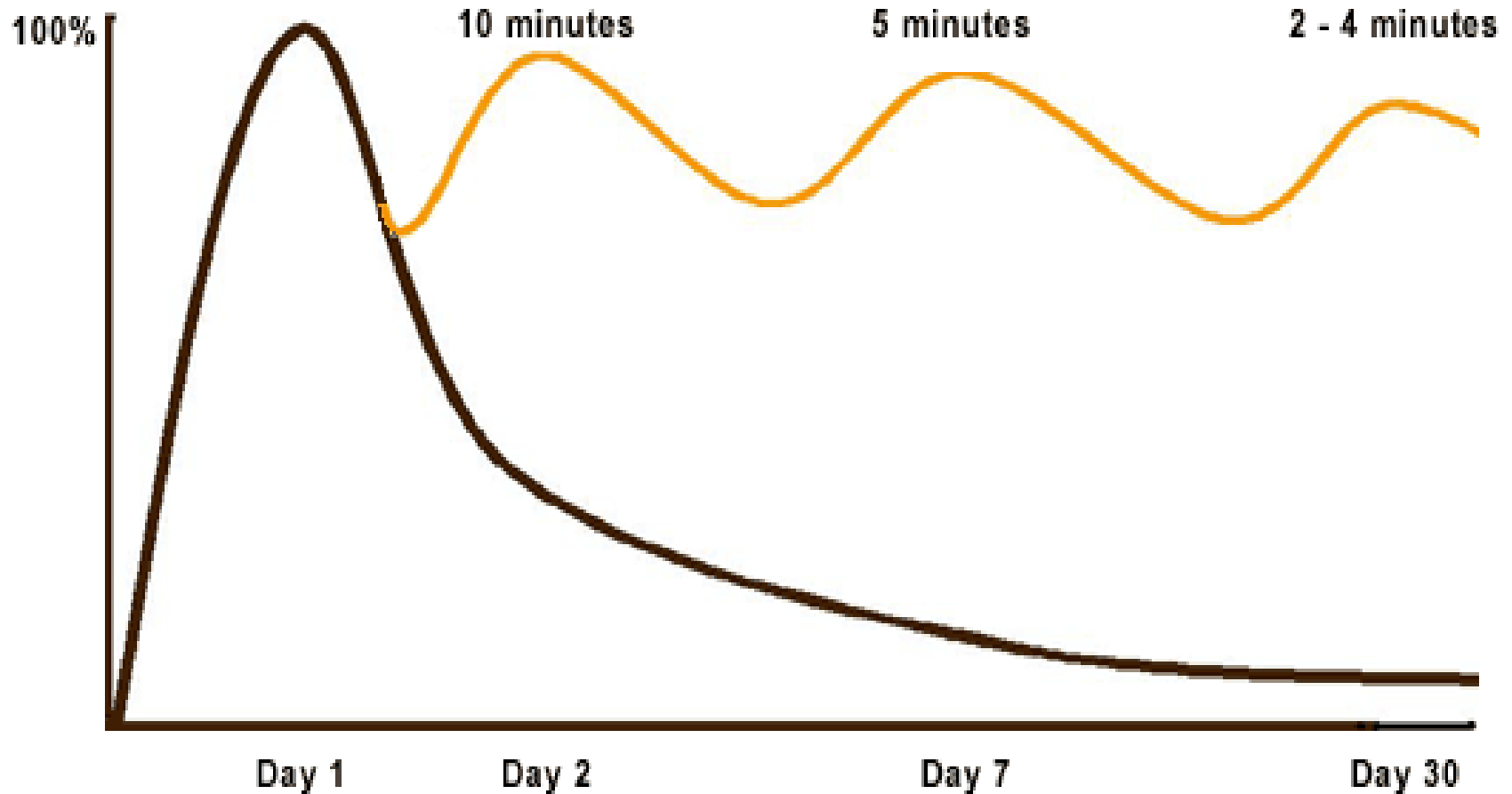
How to shift information from short term to long term memory?

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 different
in Learning from one
person to Other??**

Learning styles I

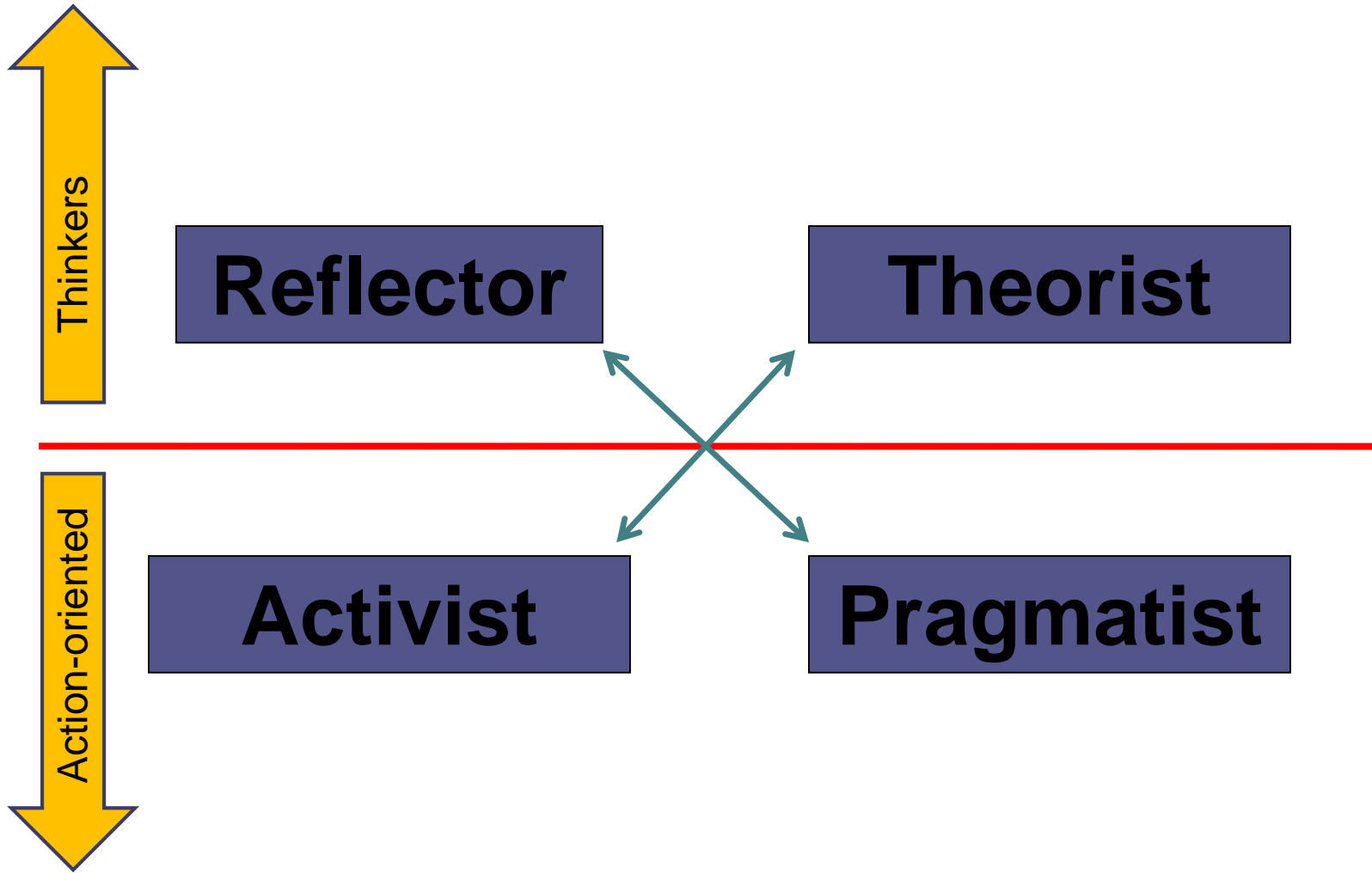
Visual learner

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

<http://vark-learn.com/the-vark-questionnaire/>

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

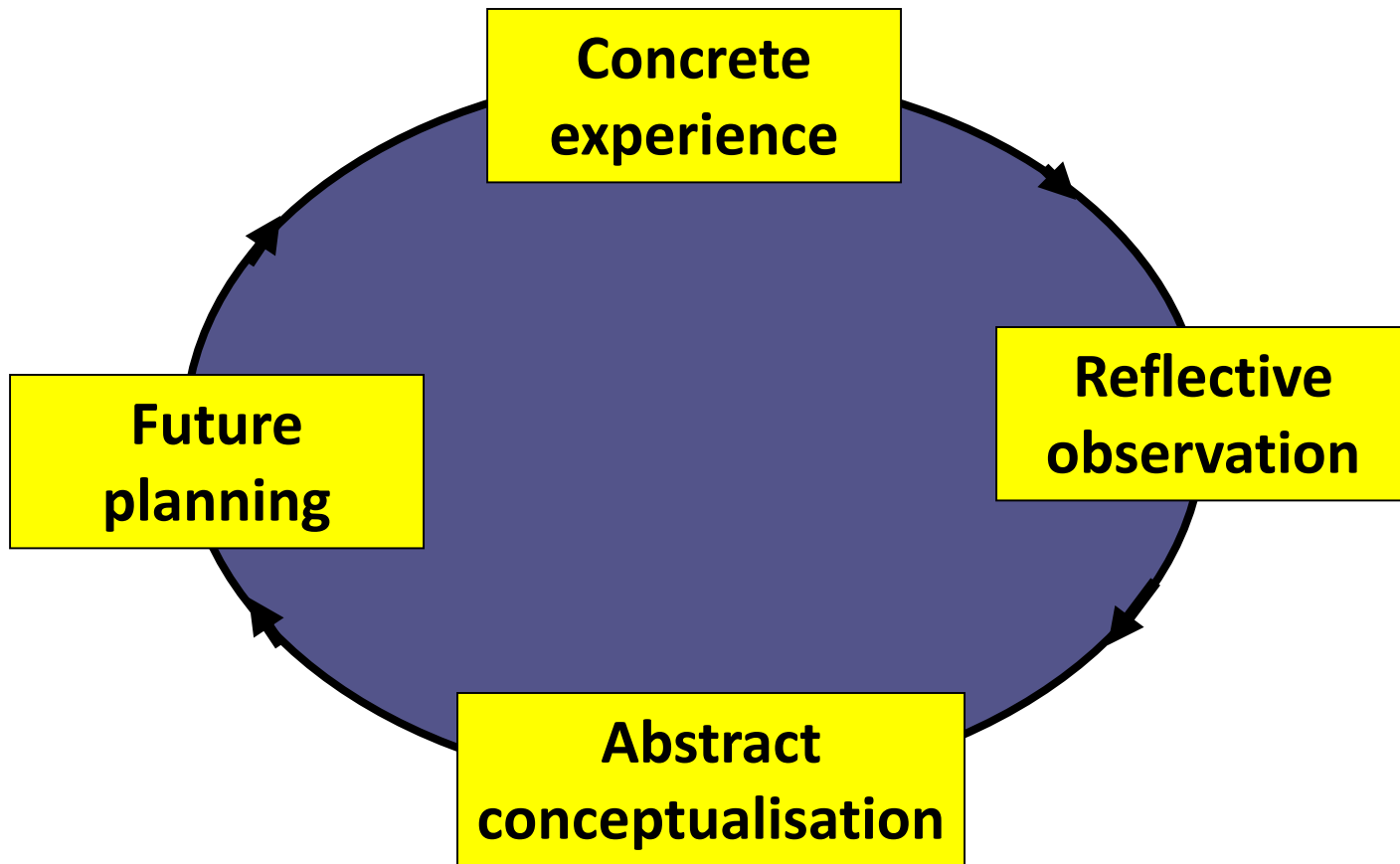
What is a **learning experience**?

Any incident that you either participate in or see/hear

Reflection - cyclical process

- many ways

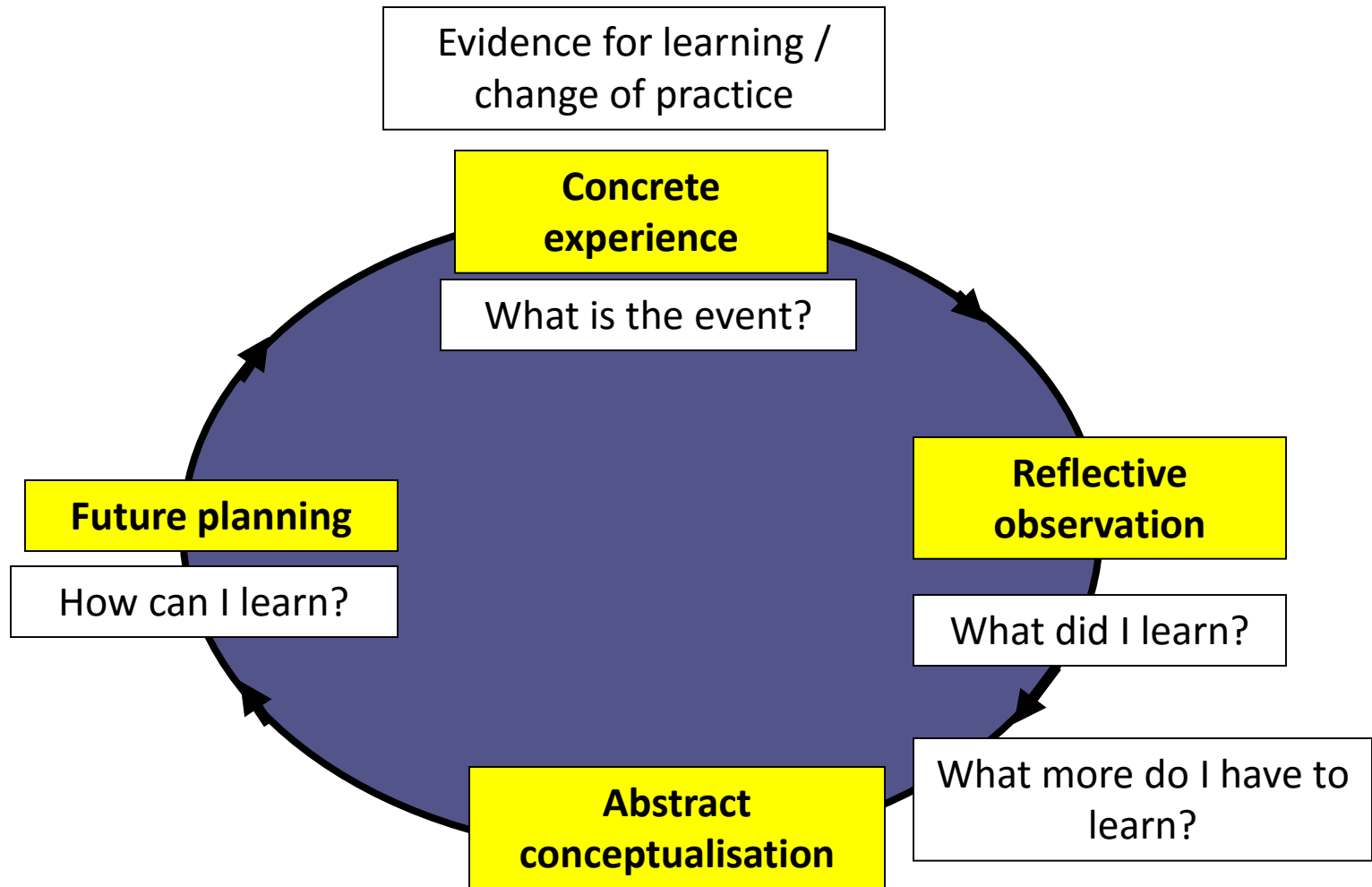
Kolb's cycle



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 learning 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