

# Some highlights from research on “How People Learn”

## The challenge for teachers.

### ➤ **Motivation is essential for student learning.**

- Learning requires effort and energy.
- Motivation depends on students’ background, and can be changed.

How to motivate?

### ➤ **Learning is an active mental process.**

- Students need to actively construct an understanding.
- Construction requires feedback.

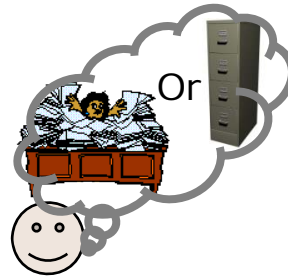
How to promote active learning?  
How to provide feedback?

### ➤ Students learn by **building on what they already know.**

How to find out and connect to what they already know?

### ➤ **Expert competence requires**

- ideas to be connected and organized in a logical way  
(requires timely and specific feedback)
- ability to monitor /examine own thinking



How to help students organize and connect ideas?  
How to develop ability to monitor and evaluate own thinking?

### ➤ **Remembering ideas is improved by**

- repeated, spaced “retrievals” of idea
- number of mental connections
- thinking deeply about idea

How to structure class to improve remembering?