

## TEACH STUDENTS HOW TO LEARN

Teach Students How to Learn, by Dr. Sandra McGuire, provides practical strategies to incorporate into your courses to improve student learning. The following outlines key concepts from the book.

### Metacognition

Metacognition is the process of thinking about your own thinking. Your students will benefit from being metacognitive in your course whether in or out of the classroom.

- Here are some metacognitive strategies that you can provide for your students:
  - Provide opportunities for reflection through discussions and assignments
  - Offer time for group work
  - Demonstrate your thought processes
    - Show students how to approach a concept or problem
  - Provide early assessments for students to determine what they know
- The Metacognitive cycle provides a guide for your students - Plan, Monitor, Evaluate
  - Plan
    - How to learn the task at hand
    - The best strategies for the assignment and/or course
  - Monitor
    - How well the selected strategies worked
    - Performance on assignments and quizzes/tests
- Evaluate
  - Strategies used and keep track of what was and was not successful
  - New strategies that could be employed and make adjustments
- Utilize Bloom's Taxonomy and its levels of understanding to encourage students to review material based on what they are expected to learn
  - Bloom's can be used to create your course learning objectives
  - It can also be used to help students self-quiz

### Growth Mindset and Motivation

Students' belief about their intelligence and level of motivation dramatically impacts their performance.

- Growth Mindset
  - Students with a growth mindset
    - Have the capacity to learn and grow
    - Understand it takes effort and support from others
  - Students with a fixed mindset
    - Believe they can not improve
    - Struggle to overcome setbacks
- There are three parts to motivation - Value, Support and Self-Efficacy
  - Demonstrate value
    - By providing real world applications
    - Speaking to your own experiences in the field





- Create a supportive environment
  - Articulate your expectations
  - Give low stakes opportunities
    - Quizzes
    - Clearly outlined expectations
- Boost students' self-efficacy
  - By encouraging your students
  - Give constructive feedback

If you would like more information, contact the Student Success Center Director at [ssc@uah.edu](mailto:ssc@uah.edu) or check out the book *Teach Students How to Learn* by Dr. Sandra McGuire.

