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Associate Editor, Education Week

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Related Special Report: Schools and the Future of Work
Related Article: "Learning How to Learn Could Be a Student's Most Valuable Skill"
Learning How to Learn: Techniques for School—and the Future

Expert Presenters:

John Dunlosky
Professor of psychology
Kent State University

Jodi Meadows
Assistant professor of university studies
Southwest Baptist University
An on-demand archive of this webinar will be available at www.edweek.org/go/webinar in less than 24 hrs.
Helping Students Achieve: Promising Practices and Strategies from Cognitive Psychology

John Dunlosky
Kent State University
### Which Study Skills Help Students?

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<thead>
<tr>
<th>Technique</th>
<th>Utility</th>
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Which Study Skills Can Help Students?

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Retrieval Practice

Practice tests:

- Multiple-choice tests
- Fill-in-the-blank tests
- Essay-style recall tests
Initial study \(~1000\) word texts

Then, test-restudy or restudy only for key facts and concepts

One week later – final test with NEW inference questions

Butler (2010) *JEP:LMC*
What versus When

Retrieval practice: What to do.

Distributed practice: When to study.
Distributed Practice

Spreading out study (of the same content) across time
Distributed Practice

Session 1: Study relevant material
Session 2: Restudy the same material
Session 3: Restudy the same material
Session 4: Restudy the same material

Exam
What: Retrieval Practice Until You Get it Right

When: Distributed Across Several Sessions

Successive Relearning
Successive Relearning

Session 1: Learn material to a specific criterion (practice retrieval plus restudy until correct)

Session 2: Relearn the same material

Session 3: Relearn the same material

Session 4: Relearn the same material

Exam
Rawson, Dunlosky, Sciartelli (2013)
Successive Relearning

Essential for long-term retention

Relatively efficient: relearning requires (much) less time
Learning How to Learn: Techniques for School and the Future

Jodi J. Meadows, PhD

- University Studies, Assistant Professor
- Gordon & Judy Dutile Honors Program, Director
- Southwest Baptist University, Bolivar MO
- Twitter - @drjodimeadows
Learning to Learn: High School to College
University Seminar: Know Thyself
Introduction to Critical Thinking: Stay Curious
- Expect and teach self-directed learning behaviors.
- Allow room for failure.
- Foster a community of relevant learning and joyful learners.
An on-demand archive of this webinar will be available at www.edweek.org/go/webinar in less than 24 hrs.
Learning How to Learn: Techniques for School—and the Future

Suggested Reading from *Education Week*:

**Special Report**

*Schools and the Future of Work*

This special report examines what skills students need in order to succeed in the uncertain, intensely competitive workplace of the future.

**Related Article**

"*Learning How to Learn Could Be a Student's Most Valuable Skill*"

The best way to equip students for tomorrow's fast-changing workplace may simply be to teach them to learn how to learn, some experts say.