

MODULE

STUDYING TECHNIQUES

PILLAR

Learning

SKILL

Learning to Learn

TARGET AGE GROUP

14-18 years old

LEARNER OUTCOME

By the end of the module, learners will be able to:

- Employ specific study techniques proven to enhance academic performance, including flashcards, spaced repetition, and practice tests.
- Identify and avoid common ineffective study habits, such as re-reading and highlighting, to use study time more efficiently.
- Apply practical strategies for starting study sessions, maintaining focus, and effectively reading textbooks to maximize learning and retention.

LEARNER JOURNEY

What do they know and can do before and after the module?

- Initially, learners may rely on passive and less effective study habits, such as re-reading and highlighting, feeling these methods are productive due to their simplicity and active engagement illusion. They might also experience difficulty initiating study sessions or maintaining focus, leading to inefficient use of study time and increased stress and anxiety over academic performance.
- After completing the module, learners will have adopted a suite of scientifically supported study techniques, including the use of flashcards for active recall, spaced repetition for long-term retention, and practice tests to enhance memory and understanding. Additionally, learners will understand how to read textbooks effectively and use techniques like blurring to identify knowledge gaps, leading to more efficient study sessions and improved academic results.

LEARNER MOTIVATION

Why are they here? What would stop them from engaging?

Learners are motivated by the desire to improve their academic performance and efficiently manage their study time amidst a busy life schedule. They seek methods that provide tangible results and reduce the stress and anxiety associated with preparing for exams. However, ingrained habits of relying on passive study techniques and the challenge of initiating focused study sessions may hinder their engagement.

MATERIALS

What you will need for this module

- Pre and Post Module Survey
- Video introduction
- Dig Deeper
- List of Journal Prompts
- Situational MCQ Assessment
- In-class group activities (3)
- In-class individual activity (1)

VIDEO

INTRODUCTION

PARTICULARS

Video Length: ± 7 minutes

Video Style: Hybrid: Live Host + Animation + Infographics

Host Ethnicity: South Asian



CONTENT SUMMARY

What

Defining the main concept of the module

Studying is the act of preparing oneself to retain and recall information, often for a test or exam. Effective study techniques can make this preparation process more efficient and less stressful.

Why

Why is this concept worth learning about?

Studying is essential for academic success and lifelong learning. Effective studying can reduce test anxiety, improve comprehension, and enable better recall of information. Mastery of effective study techniques ensures optimal preparation, even under time constraints or challenging circumstances.

How

What is the gameplan? How can I apply this to my life?

Get Focused

- Utilize sound to enhance concentration:
 - Listen to 40-hertz binaural beats, as they've been proven to boost focus.
- Harness the power of sight to ready your brain:
 - Engage in the overt visual focus method by fixating on a single point for 60 seconds.

Rethink your study techniques

- Re-reading and highlighting might not be the most effective. Psychologist John Dunlosky and his colleagues found that the brain is most effective at retaining information when it is being actively used.
- Instead of relying on these methods blindly, evaluate their real benefit for your study needs.

Utilize techniques that work

- Flashcards: Use them for active recall and keep all cards in rotation.
- Spaced repetition: Create a timetable to review notes periodically and solidify memories.
- Practice tests: Incorporate them in study sessions, especially between one and six days before the actual test.

Find and close knowledge gaps

- Employ the blurring technique. Take out the notes you've written for your test and read them for 30 minutes.
 - After reading notes, jot down what you remember.
 - Then, use a different colored pen to fill in what was missed. This is the information you'll need to revisit and review.

Shorten your sessions

- Follow the 25-minute study/5-minute break pattern.
- Ensure breaks involve actual physical movement or a change of scene.

Learn to read textbooks effectively

- Engage in a pre-reading routine:
 - Skim through the chapter's pages.
 - Review questions at the chapter's end.
 - Read bold print (titles, subtitles, topic-headings).
 - Lastly, Read the first and last sentence of each paragraph.

Lastly, it's important to tailor these techniques to individual preferences. While scientific support is beneficial, personal comfort and efficacy with a method are crucial. Whether it's using acronyms, reading aloud, or making tables, find what resonates best with you.

DIG DEEPER

EXPANDING YOUR STUDY TOOLBOX BEYOND COMMON MYTHS

It's a common belief among students that certain study techniques are universally effective. However, research in educational psychology suggests otherwise. For instance, rereading and highlighting, often seen as the go-to strategies, are not as effective as one might think. A study by Dunlosky et al. (2013) in "Psychological Science in the Public Interest" reveals that these methods provide a false sense of mastery and are less efficient in promoting long-term retention.

THE POWER OF ACTIVE RECALL AND SPACED REPETITION

Active recall and spaced repetition stand out as two of the most potent techniques for **long-term learning**.

Active recall involves **actively stimulating memory** during the learning process, like using flashcards or self-testing. Spaced repetition, on the other hand, involves revisiting the material at **increasing intervals**, which strengthens memory recall.

According to a 2015 article by Sean Kang in "Current Directions in Psychological Science," spaced repetition leverages the psychological spacing effect, significantly enhancing learning efficiency.

ACTIVE RECALL

FLASH CARDS
SELF-TESTING

SPACED REPETITION

REVISITING MATERIAL AT
INCREASING INTERVALS

INTEGRATING TECHNOLOGY APPS AND ONLINE TOOLS

In the digital age, leveraging technology for studying can be incredibly beneficial. Apps like Anki or Quizlet utilize spaced repetition and active recall, making them powerful study aids.

Additionally, platforms like Khan Academy offer practice tests and educational videos, providing diverse learning modalities to cater to different learning styles.



MIND AND BODY

THE ROLE OF PHYSICAL AND MENTAL WELL-BEING

The connection between physical health and effective studying is often underestimated.

A study in the "Journal of Exercise Rehabilitation" (2018) highlights that physical exercise can **enhance cognitive function**, including memory retention. Moreover, mindfulness and meditation practices have been shown to **improve focus** and **reduce stress**, making them valuable tools for students.



CONTINUED...

DIG DEEPER

TIPS AND TRICKS

Diversify Your Techniques

Don't rely solely on passive methods like highlighting. Mix in active techniques such as self-quizzing and teaching others.

Plan and Space Your Study Sessions

Use tools like Google Calendar to schedule spaced repetition sessions.

Embrace Technology

Incorporate apps and online resources that utilize active recall and spaced repetition.

Take Care of Your Body and Mind

Regular exercise and mindfulness practices can enhance your studying efficiency.

IN CONCLUSION

While traditional study methods have their place, embracing a more scientific and varied approach to studying can lead to more effective learning. By understanding and applying these techniques, students can transform their study sessions into more productive and less stressful experiences.

REFLECTION

JOURNAL PROMPTS

OBJECTIVE

Reflect on your experiences with studying and consider the potential benefits of new study techniques.



DISCOVERING MY STUDY STYLE

Reflect on your current study habits. What methods work best for you? Why?

Hint: Think about different study techniques you've tried, like re-reading, summarizing, or using mnemonic devices. Which ones keep you engaged and help you retain information better, and why do you think they work well for you?



SPACING OUT STUDY SUCCESS

Think about a time when cramming didn't work well for you. How might spaced repetition have changed the outcome? Plan a spaced repetition schedule for a future topic you need to study.

Hint: Remember a test or quiz where cramming didn't pay off. Imagine how breaking down that study material over days or weeks could have helped.



A PICTURE OF CONCENTRATION

Describe a moment where you were completely focused and absorbed in studying. What did you do to achieve this level of focus? How can you replicate this environment and mindset for future study sessions?

Hint: Consider the setting, time of day, and your mindset during this focused study session. What small changes can you make to recreate this productive atmosphere?



THE SOUND OF FOCUS

Reflect on a time you used music or sound to help you focus. How did it affect your concentration and study outcome? Moving forward, how might you incorporate sound, like binaural beats, into your study routine?

Hint: Think about the different types of music or sounds you enjoy. How do these make you feel, and how could they influence your studying?



TEACH TO LEARN

Describe an instance where you taught someone something. How did it help you understand the topic better? In what ways can you incorporate teaching others into your future study habits?

Hint: Recall a time you explained a concept to a friend or family member. How did that process solidify your own understanding, and how could this be a regular part of your studying?

GROUP ACTIVITIES

MULTIFACETED STUDY TECHNIQUES

14-18 YEARS OLD

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MODULE

Studying Techniques

BEFORE YOU START

Students should have watched the video and read the Dig Deeper section of this module before starting the group or individual activities. If this is not the case, make sure to play it in class before you start.



PREP

TIME

100
Minutes

GROUP SIZE

3-4
Students

MATERIALS CHECK

- Internet access for research on global study strategies.
- Access to music streaming platforms or a library of music and sounds.
- Space sufficient for the Study Technique Speed Dating activity.

PRINT OUT HANDOUTS

Print out the "Exchange Cards" handout.
Print out the "Study Playlist Criteria Sheet" handout.

BEFORE THE LESSON

Familiarize yourself with a broad range of global study strategies and the scientific background on how music affects studying.

LEARNING OBJECTIVES

By the end of the module, learners will be able to:

- Gain an understanding of diverse study techniques and their cultural contexts.
- Learn how auditory elements can enhance focus and retention during study sessions.
- Develop communication and collaboration skills through group activities and presentations.

THE LESSON WHY

This lesson plan encourages students to explore and share a variety of study techniques, fostering an environment of collaboration and open-mindedness towards global learning strategies and the role of music in education.

CONTINUED...

GROUP ACTIVITIES

MULTIFACETED STUDY TECHNIQUES

STEP 1 | GLOBAL STUDY STRATEGIES EXCHANGE

30 MINUTES

- TALKING POINTS**
- The importance of understanding diverse educational cultures.
 - How different environments and cultural contexts influence study habits.

- DIRECTIONS**
- Divide students into groups and assign each a different country to research.
 - Using the Exchange Cards, groups research their assigned country's unique study techniques, focusing on the educational culture, common environments for studying, and specific strategies used by students.
 - Each group prepares a short presentation on their findings, highlighting what makes these techniques effective and any cultural aspects that influence them.

EDUCATOR TIP!

Encourage groups to use visuals or interactive elements in their presentations to engage the class and make the information more memorable.

STEP 2 | STUDY PLAYLIST CREATION

30 MINUTES

- DIRECTIONS**
- In the same groups, students discuss and compile a playlist of music or sounds they believe would aid in studying.
 - Using the Study Playlist Criteria Sheet, each group justifies their choices based on research or articles about the effects of music on focus and retention.
 - Groups share their playlists and justifications with the class, discussing the reasoning behind their selections and how they believe the music will aid in studying.

EDUCATOR TIP!

Highlight the importance of considering personal preferences and the task at hand when selecting study music, as what works for one person or task may not work for another.

STEP 3 | STUDY TECHNIQUE SPEED DATING

30 MINUTES

- DIRECTIONS**
- Arrange chairs in two rows facing each other, with each student in one row facing a student in the other row.
 - Each student shares a study technique they learned or use personally for a few minutes.
 - After the discussion, one row moves to the right, and students pair up with a new partner.
 - Repeat the process until each student has interacted with several partners, ensuring a wide exposure to different study techniques.

EDUCATOR TIP!

Remind students to be open-minded and consider how they could adapt different techniques to their own study habits.

CONTINUED...

GROUP ACTIVITIES

MULTIFACETED STUDY TECHNIQUES

STEP 4 | DISCUSSION + WRAP-UP**10 MINUTES****DIRECTIONS**

- What new study technique are you most excited to try?
- How can understanding study techniques from different cultures enhance our approach to learning?
- In what ways do you think music or sounds can affect your study sessions?

TALKING POINTS

- Summarize the benefits of exploring global study strategies and the impact of auditory elements on studying.
- Emphasize the importance of adapting and experimenting with new techniques to find what works best for individual learning styles.

HANDOUT

EXCHANGE CARDS



JAPAN

Common Study Environments

Explore the role of Juku (cram schools) and how they complement formal education.

Traditional Study Methods

Investigate KUMON, a learning method focusing on daily practice in mathematics and reading.

Educational Philosophies

Examine the concept of "Ganbaru," which emphasizes perseverance and doing one's best in all endeavors.



FINNLAND

Common Study Environments

Discuss the Finnish school environment, known for minimal homework and absence of standardized tests.

Traditional Study Methods

Research the importance of play, creativity, and social learning in Finnish education.

Educational Philosophies

Look into how trust and autonomy for teachers and students shape learning experiences.



SOUTH KOREA

Common Study Environments

Identify the significance of Hagwons (private academies) and their impact on students' daily lives.

Traditional Study Methods

Explore the intense preparation methods for the Suneung (College Scholastic Ability Test).

Educational Philosophies

Consider the cultural emphasis on education as a means to improve one's socioeconomic status.

HANDOUT

EXCHANGE CARDS



BRAZIL

Common Study Environments

Describe the role of group study and collaborative learning in Brazilian education.

Traditional Study Methods

Investigate the use of technology and digital platforms in enhancing education and study practices.

Educational Philosophies

Understand the value placed on education as a tool for social change and development.



INDIA

Common Study Environments

Examine the blend of traditional Gurukul systems with modern educational techniques.

Traditional Study Methods

Research the emphasis on rote learning and competitive exams like the IIT JEE.

Educational Philosophies

Delve into the holistic approach to education, incorporating physical, mental, and spiritual development.



GERMANY

Common Study Environments

Discuss the dual education system, combining apprenticeships in a company and vocational education.

Traditional Study Methods

Explore the approach to hands-on learning and practical application in German education.

Educational Philosophies

Consider the philosophy of Bildung, focusing on personal and cultural development beyond vocational training.