

As a teacher and coach,
I wasn't making the impact
I wanted to make.

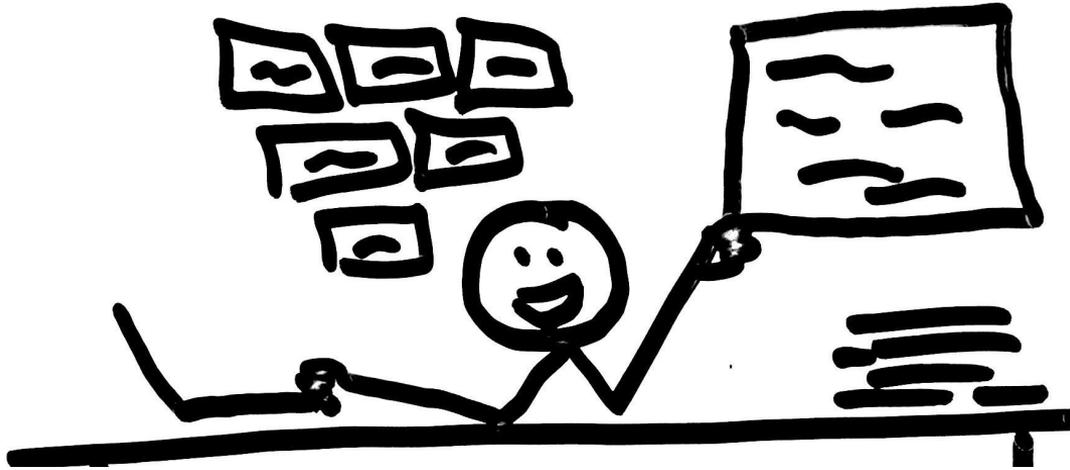
Students were dependent
on my creativity & support.
I felt helpless.



**There is a
surprisingly simple formula
based on brain-science
to help
students / teachers / parents
move
from helpless to powerful.**



Let's define "Study":

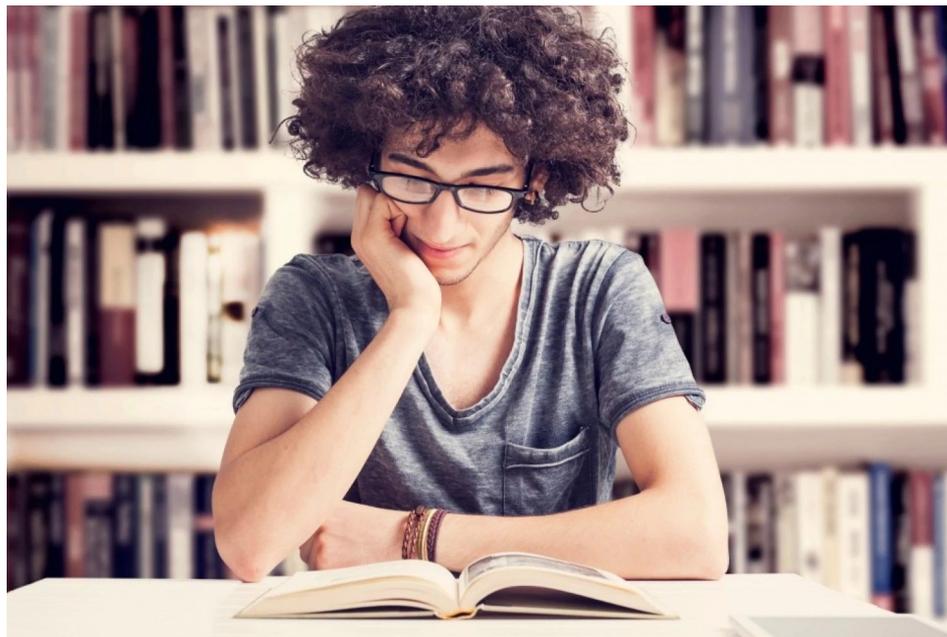


The art of **TEACHING YOURSELF** info & skills.

The Ugly Truth About Studying

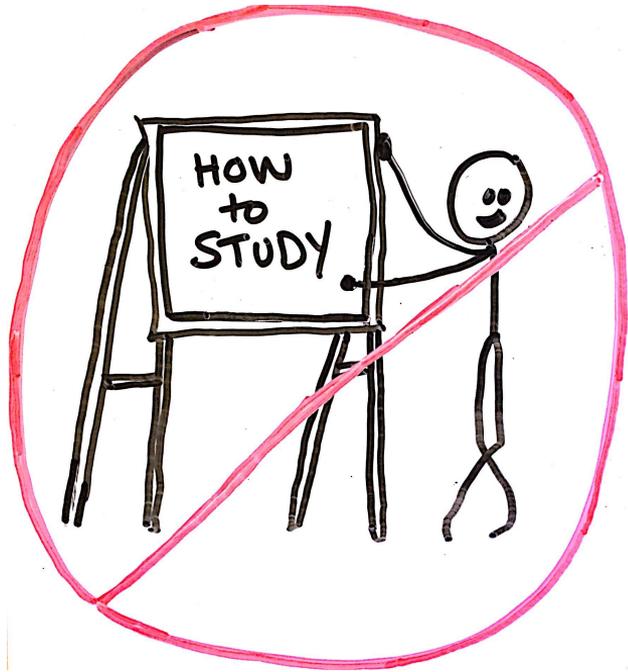
“..most students have
never been taught
how to study
and
the strategies they
devise on their own
don't work.”

~ Daniel Willingham



https://www.washingtonpost.com/news/answer-sheet/p/2016/09/14/a-telling-experiment-reveals-a-big-problem-among-college-students-they-dont-know-how-to-study/?utm_term=.3754b349d2fb

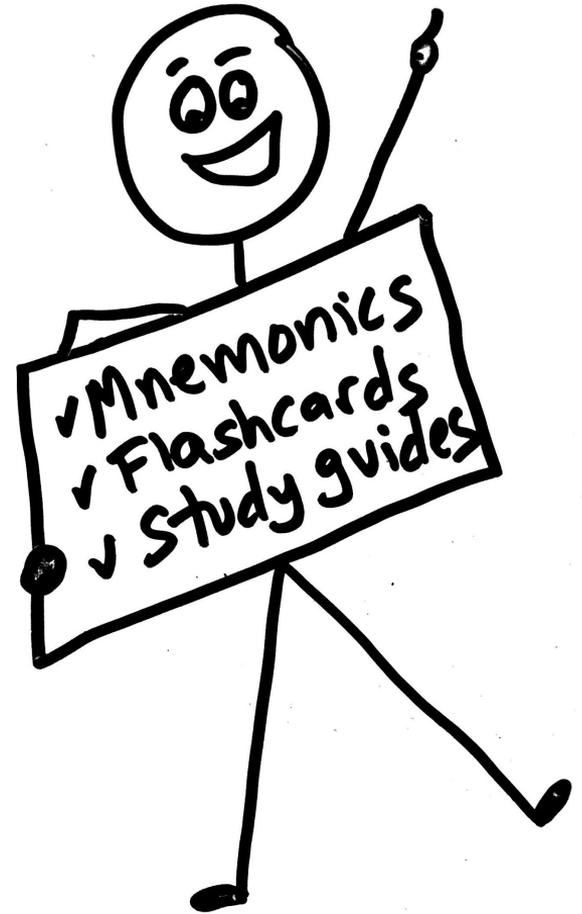
How Do Educators Contribute to This Problem?



You might be thinking:

**“Hold up! I teach MY
students to study!!”**

This may be true, *and also...*



The Problem Is...

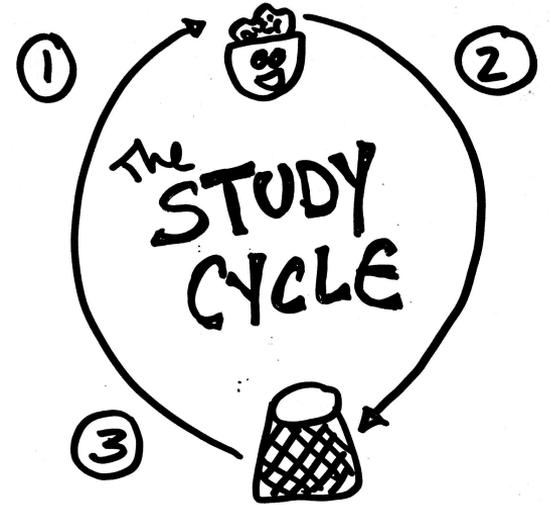
Students become passive directions-followers without understanding:

- WHY those strategies might work,
- What CONDITIONS help them work, and
- what conditions GET IN THE WAY of them working!



What You'll Learn Today:

1. The study strategies that DON'T work
2. The brain science why the Study Cycle is such a good alternative
3. Instructions for how to teach the Study Cycle in classrooms and coaching sessions
4. Watch two students during a coaching session
5. Time for Q&A



Why I Have Opinions...



- Former teacher & current learning geek
- Academic life coach with 5000+ coaching hours
- Peeked into the classrooms of 1000+ teachers

I also have courses for:

- **Students:** *The Anti-Boring Approach™*
- **Educators:** *The Art of Inspiring Students™*
- **Academic Coaches:** *Launch Your Biz™ & Rock Your Biz™*

Let's Stay in Touch:

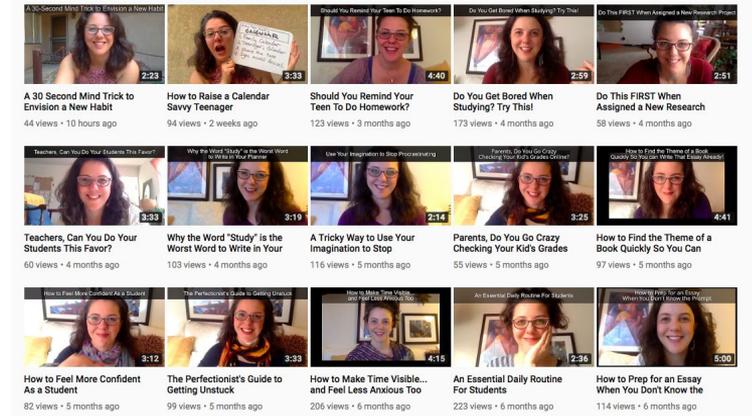
Want the slides and follow up information?

Please give me your email.

Also, indicate if you'd like to receive:

- Study tip and student stories every Wednesday
- Announcements about free & paid trainings

I promise -- no unwanted email.



Please answer in the chat...

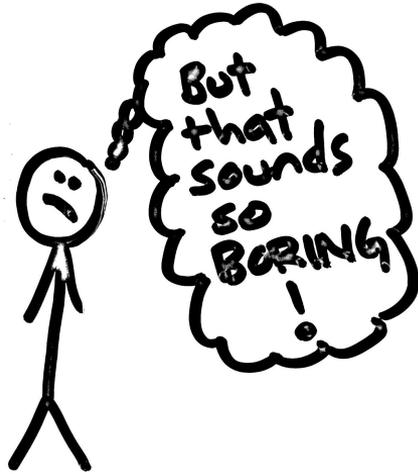
What
are the
most common
strategies
student use
to prep
for tests?

Students don't know the most effective study strategies... and teachers don't seem to either.

| <i>Strategy</i> | <i>Percent who list strategy</i> | |
|--------------------------------------|----------------------------------|-------|
| 1. Rereading notes or textbook | 83.6 | (148) |
| 2. Do practice problems | 42.9 | (76) |
| 3. Flashcards | 40.1 | (71) |
| 4. Rewrite notes | 29.9 | (53) |
| 5. Study with a group of students | 26.5 | (47) |
| 6. "Memorise" | 18.6 | (33) |
| 7. Mnemonics (acronyms, rhymes, etc) | 13.5 | (24) |
| 8. Make outlines or review sheets | 12.9 | (23) |
| 9. Practise recall (self-testing) | 10.7 | (19) |
| 10. Highlight (in notes or book) | 6.2 | (11) |
| 11. Think of real life examples | 4.5 | (8) |

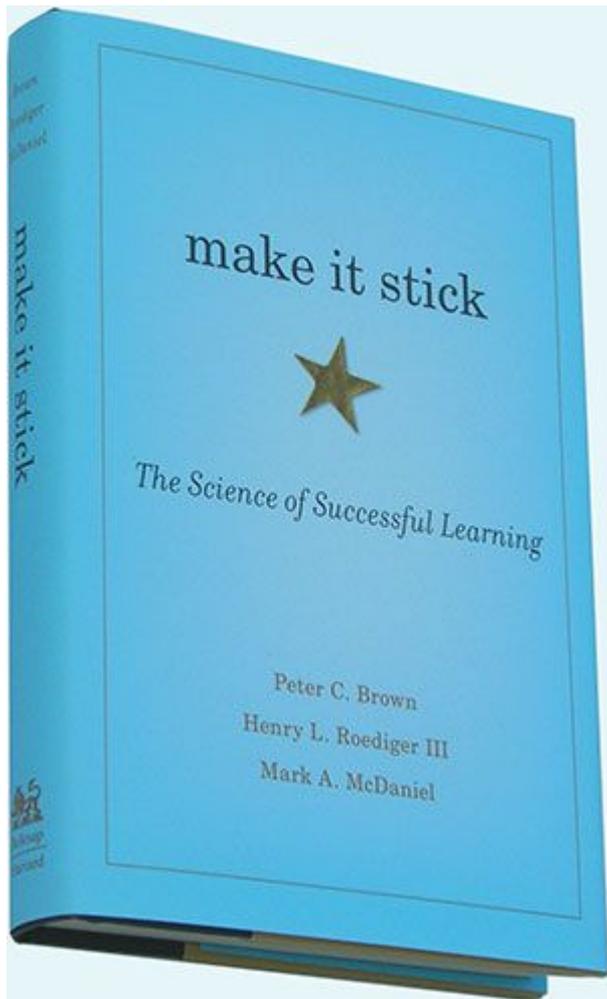
Study by Jeff Karpicke and colleagues (2009) as referenced in:
<http://www.danielwillingham.com/daniel-willingham-science-and-education-blog/students-should-be-taught-how-to-study>

So, what IS the most effective study technique?!



| <i>Strategy</i> | <i>Percent who list strategy</i> | |
|--|----------------------------------|-------|
| 1. Rereading notes or textbook | 83.6 | (148) |
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Practicing recall and self-testing!



To Summarize the Research:

“One of the most striking research findings is **the power of active retrieval** -- testing -- to strengthen memory, and that **the more effortful the retrieval**, the stronger the benefit.”

My question -- **how to get students to be increasingly willing to:**

- a) Practice retrieval effectively
- b) Choose effort over ease

Here's the BEST TOOL I've discovered to inspire students to study strategically...

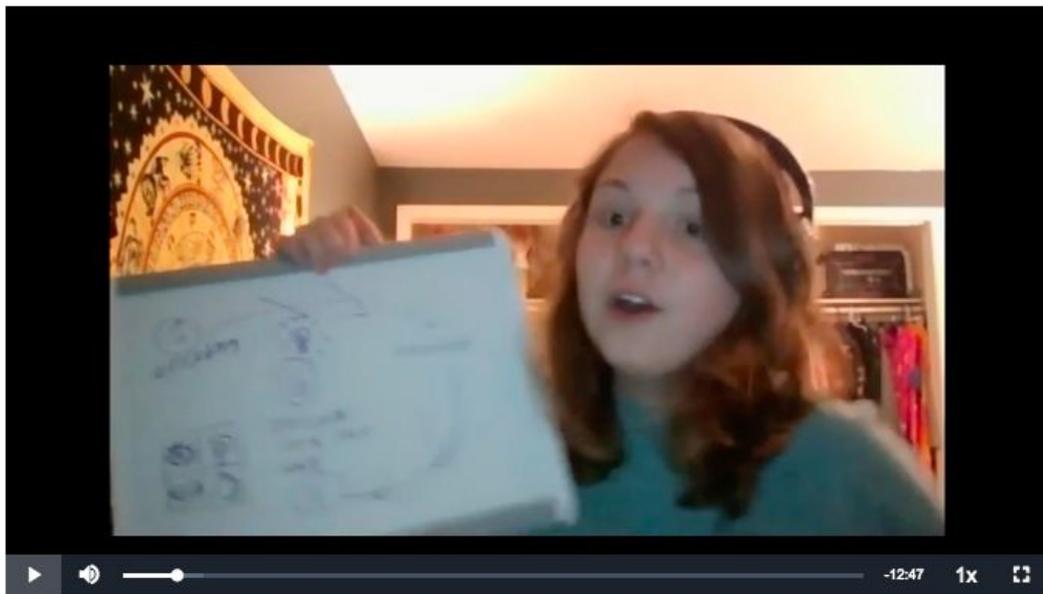
When taught this way students:

- Learn it quickly
- Apply it consistently
- More self sufficient
- Make better choices for how to study
- Raise their grades
- Lower their stress
- Raise their self-confidence





STUDENT-IN-ACTION: LILAH LEARNS THE STUDY CYCLE (13:47)





STUDENT-IN-ACTION: DAVID MAKES MORE EFFECTIVE FLASHCARDS (11:11)



The "Study Cycle" Mini-Lecture

How to Teach the Study Cycle:

To Study Effectively, Students Must Become Fluent At:

- (1) testing themselves repeatedly,
- (2) assessing themselves accurately, and
- (3) encoding info they haven't yet learned in a variety of NEW ways.

Steps in the Mini-Lecture:

- Draw the "basket of knowledge and skills" at the bottom, and a person with their brain visible at the top. Explain what these two pictures are.
- Ask: What do you think the first most important step in the learning cycle is? Get students to guess.
- Draw first arrow. Explain: Step 1 is to get info from "basket of knowledge and skills" and INTO the brain. Intro words "encode", "in", and "teach".
- Ask: That's the first step, and most students stop there and never do anything else. They just encode, and encode (by reading and rereading their notes and texts). But there's ANOTHER step necessary. What do you think the second step might be?
- Draw second arrow on right side. Intro words "retrieve," "out," "quiz/test" and "assess".
- Draw a check mark and an x. Talk about importance of testing yourself and then PROVING what you know by "grading" or "assessing" yourself. If you get something right, great! It can leave the Study Cycle (for THIS study session only).
- Ask while pointing to the 'x' : If you get something wrong, then what do you think happens next in the Study Cycle? (Have them guess).
- Draw third arrow. Tell them the third step is to Encode in a NEW way.
- Ask: And what do you do after you encode in a new way? (Repeat cycle).

Teaching Tips

- (1) Get practiced at delivering the Study Cycle mini-lecture succinctly, following instructions in handout.
- (2) Use the 3 skill sets while teaching:
 - (a) Ask questions to guess what's next, and have students draw while you teach (get active)
 - (b) Have them think about whether they might present the Study Cycle in a DIFFERENT way (get manipulative)
 - (c) Have them teach it to you or each other without looking at their notes (get quizzable)
- (3) Teach Study Cycle at the beginning of the year. Have students re-draw it from memory regularly throughout the year and especially before tests

Teaching Tips

- (4) Occasionally ask students to evaluate your lessons and homework assignments by reflecting about where they are in the Study Cycle.
- (5) Before tests, have student make study plan based on the Study Cycle. Remind them that the best place to START STUDYING is at Step 2: Retrieval.
- (6) What else?

Warning: Students will become hungry for more concrete study tools in their toolbox.

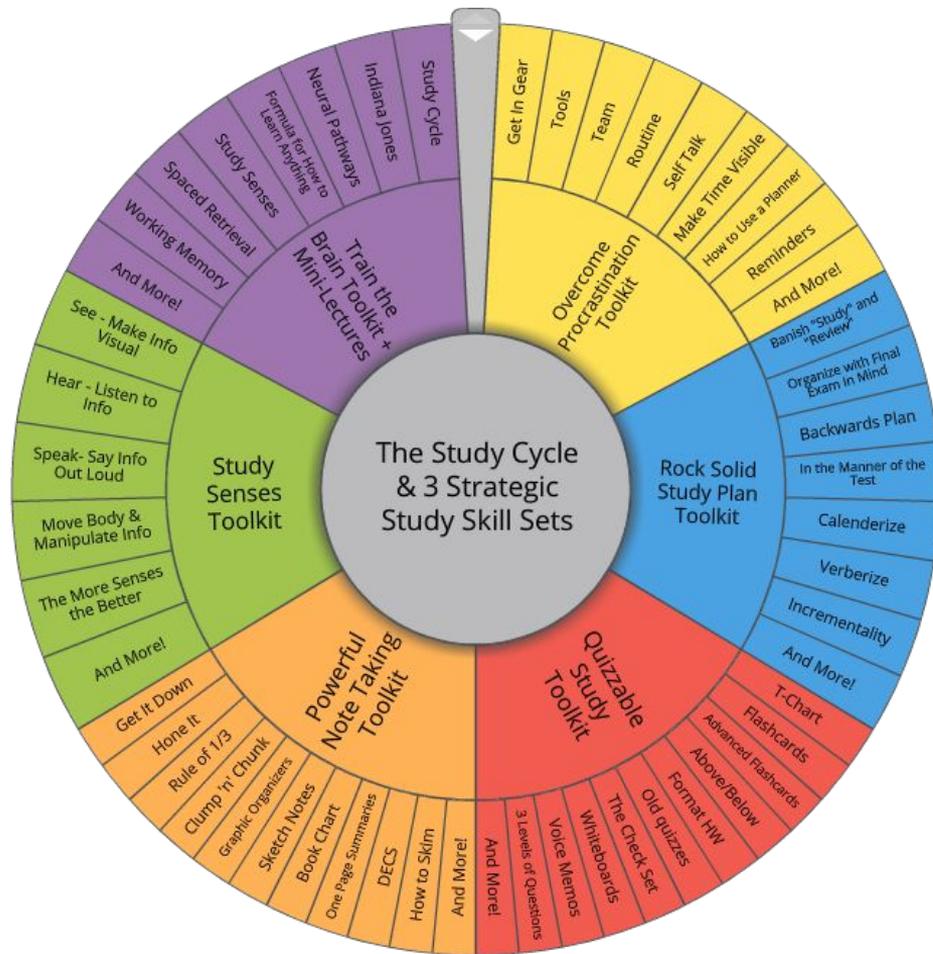
How do I **encode**
in NEW ways
that are
EXCITING and
INTERESTING?



How do I
retrieve
in ways that are
more EFFORTFUL
but also NOT
BORING?

“I’m always amazed
by how much you
give us.”

~ Tami, Retired Teacher and Tutor at
a Catholic High School



Heartfelt invitation:

Join other awesome educators for

 *The Art of Inspiring Students to Study Strategically!*



Feb 10 - April 17

2 graduate school credits available.
Special fees for groups





Join other awesome educators for *The Art of Inspiring Students to Study Strategically!*

- Complete *Anti-Boring Approach to Powerful Studying™* online course
- 40+ tools to teach time management, organization, study & note taking
- Sample “scripts” for 7 Mini-Lectures to share brain theory
- 30+ page workbook in which to take notes
- Video excerpts from coaching sessions with *real* teens
- Facebook group & online portal for follow up questions
- Certificate of Completion, 30 hours ICF Continuing Education, 2 Graduate Credits

“I knew most of the research you were drawing upon, but you put it together in a streamlined, efficient way that makes presenting it to students both easier and more effective, instead of piecemeal.”



~ Adam, College Instructor and Academic Life Coach

Benefits of Teaching Students to Study Strategically

When students...

1. Understand **the brain + the study cycle**
2. Develop **fluency in 3 skill sets:** get active, manipulative and quizzable
3. Have **a toolbox filled with strategies** to implement these skills

They become....

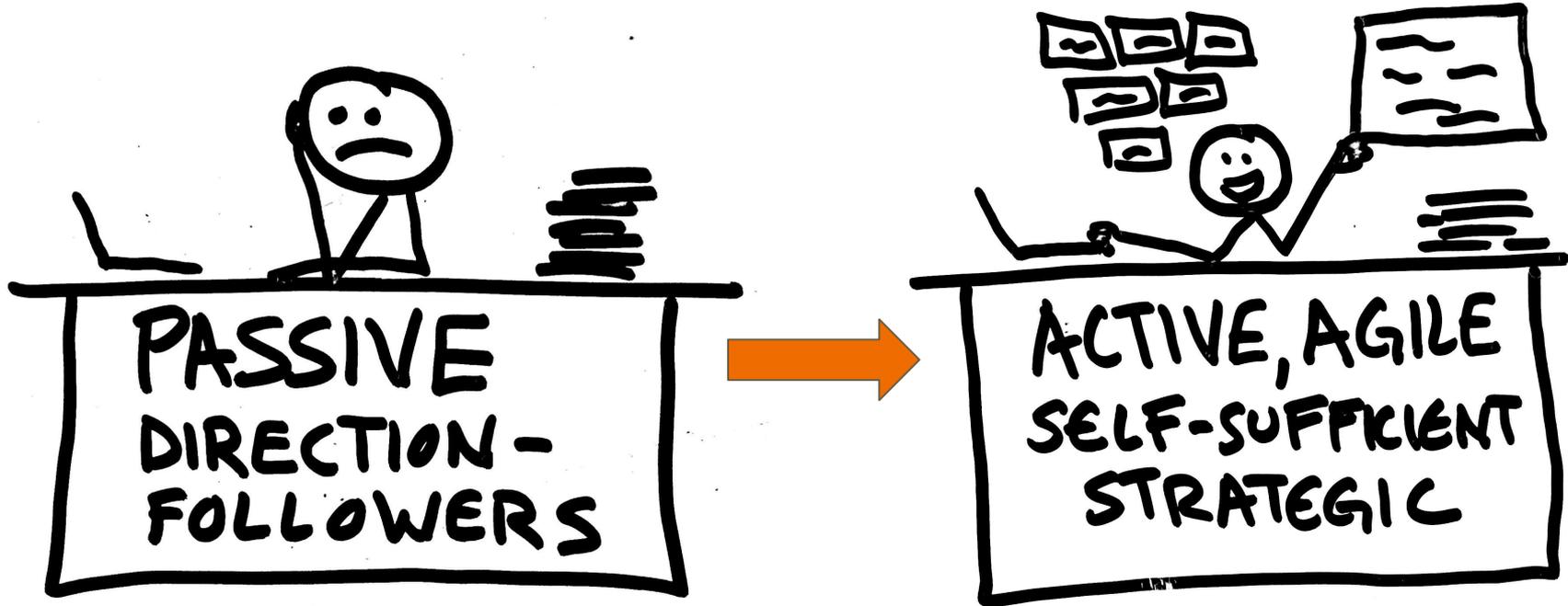
- More confident
- Less anxious
- More curious & agile
- More strategic/methodical
- More self sufficient

They also...

- Struggle less with homework
- Advocate better with teachers and parents
- Can better learn from “mistakes”



In other words...

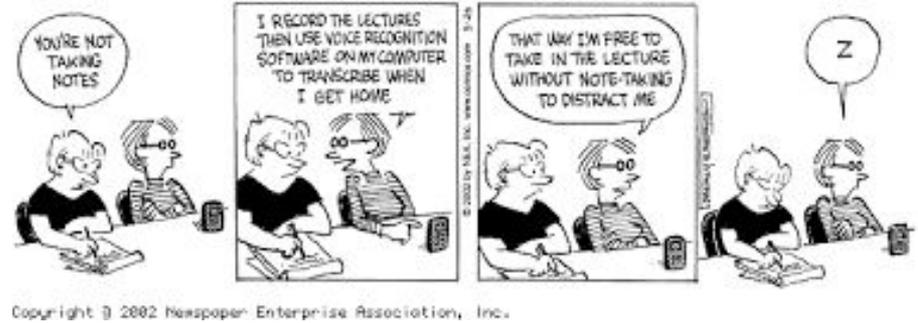


BONUS

The 3 “Strategic Study” Skill Sets

Embedded in the Study Cycle

Skill #1 - Get active!

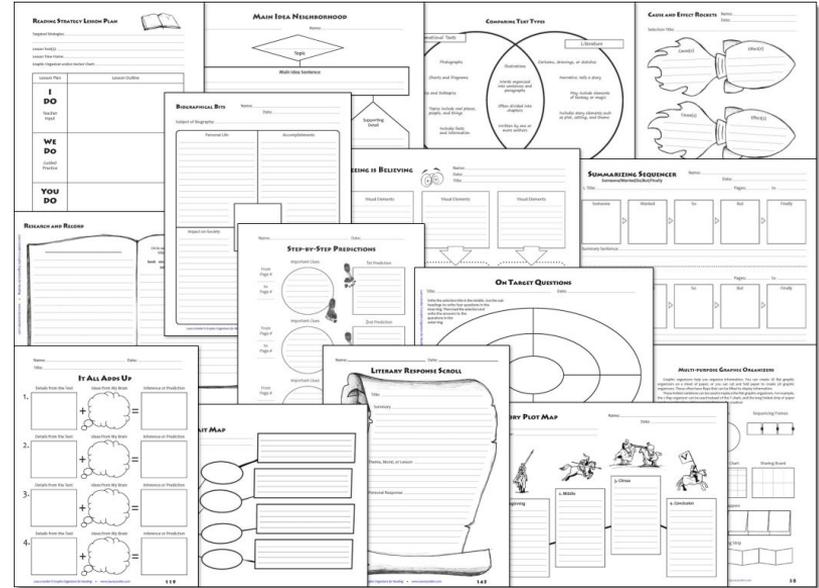


- Stop boring your brain!
- If you are sitting still for a long time, you are most likely not learning.
- Choose study strategies that are so interesting you can't help but stay engaged.
- Use all your senses and as many strategies as possible

Key Question -- How can I get better and better at noticing when I'm being a passive learner versus an active learner?

Skill #2 - Get manipulative!

- Learn how to move info around
- Make information your own!
- Most students have NO IDEA how to do this themselves.



Key Question -- When am I depending on the teacher's way of structuring info? How can I get more and more skilled at finding my OWN structure for the info & skills I'm learning?

Skill #3 - Get quizzable!

- PROVE it (don't just FEEL it)
- Use multiple quizzable study tools
- Assess accurately with effective answer keys
- Design fool-proof study plans that center around
 - quizzing, assessing, and
 - encoding in a new way



Key Question -- How can I take increasing responsibility for PROVING to myself that I know what I need to know in order to confidently take the test?

BONUS

**The Six Tool Kits
Needed To Put
the Study Cycle
Into Consistent Action**

Take Notes in Your Worksheet!

The 6 Tool Kits

that help students put the Study Cycle & 3 Skill Sets into Effective Action

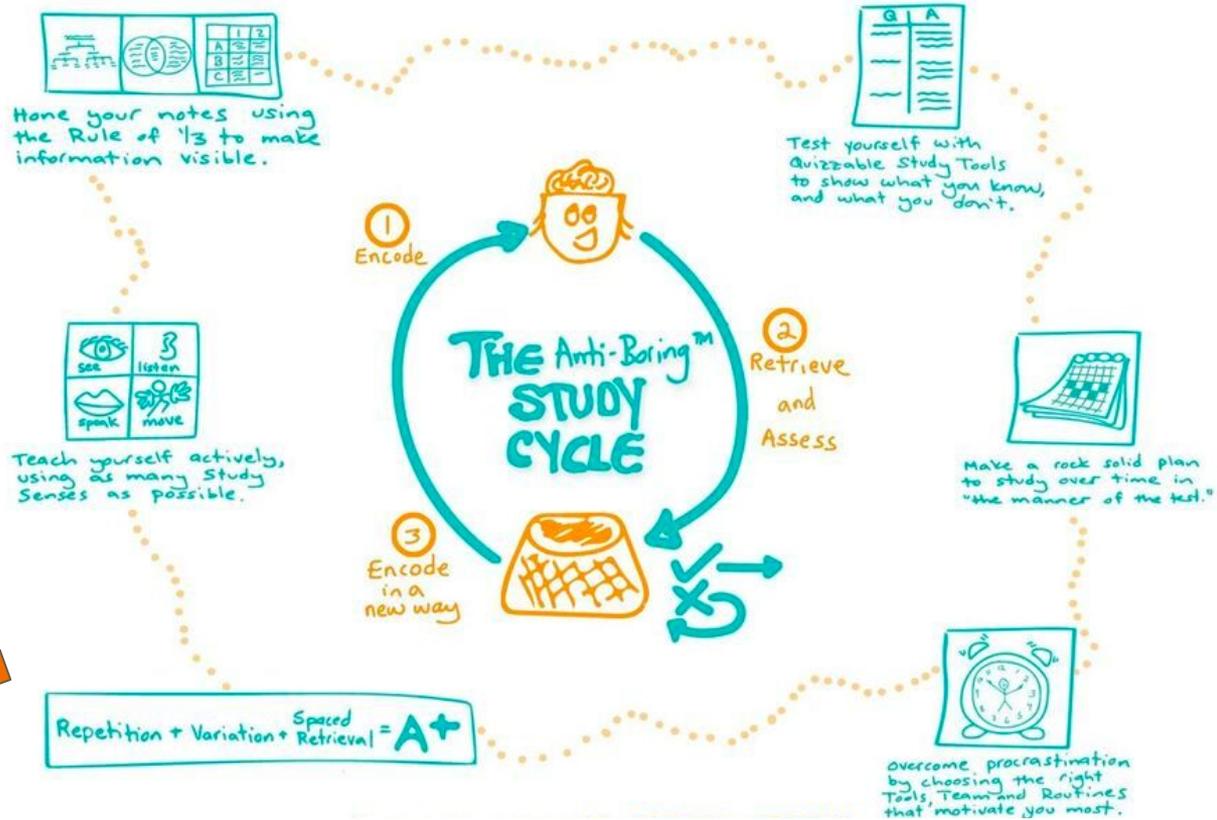
| | | |
|----|----|----|
| 1. | 2. | 3. |
| | | |
| 4. | 5. | 6. |
| | | |

Tool Kit #1 -

What tools do you have for helping students...

understand the science behind how their brains learn?

Weeks 1 & 2:
The 5+ **Train the Brain**
Mini-Lectures

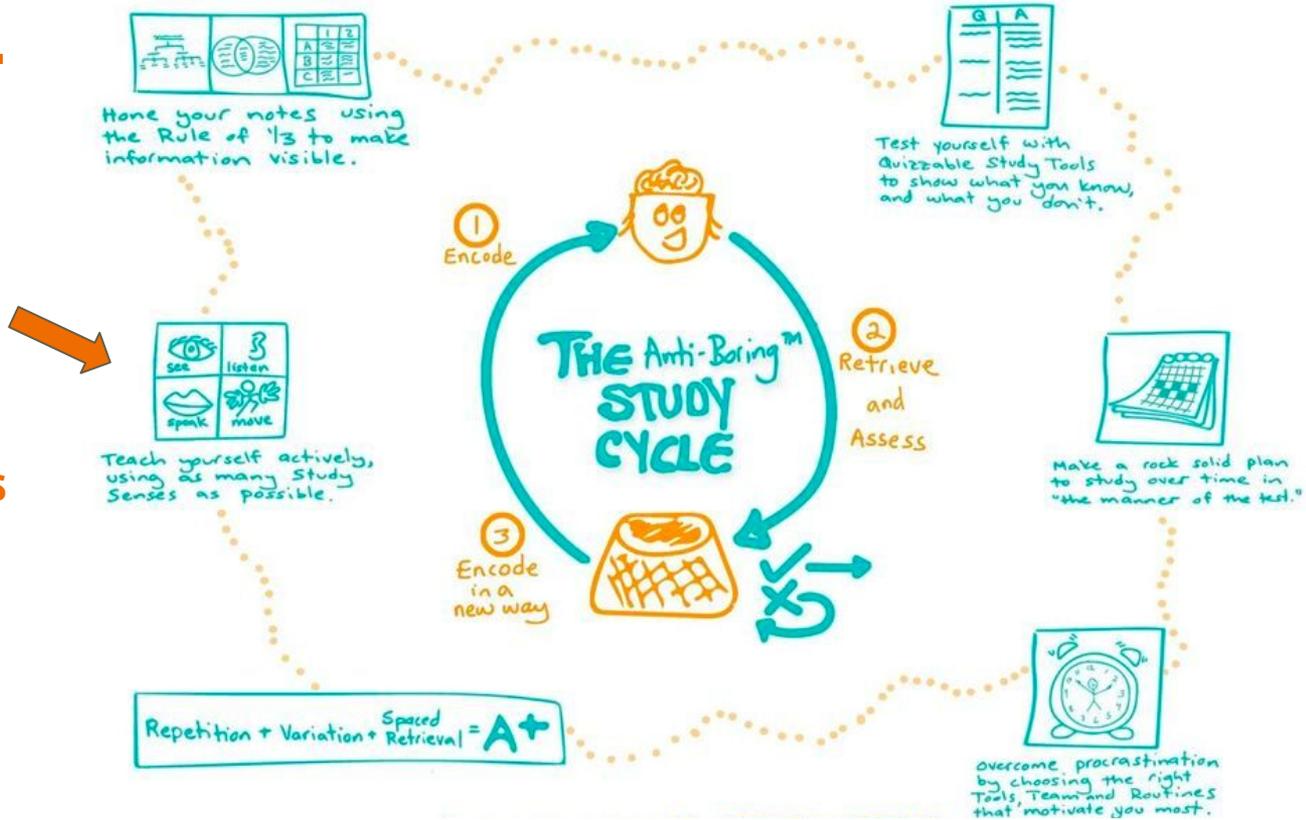


Tool Kit #2 -

What tools do you have for helping students...

process information in a VARIETY of ways
(a counterpoint to "learning styles")

Week 3:
"Study Senses" Checklist

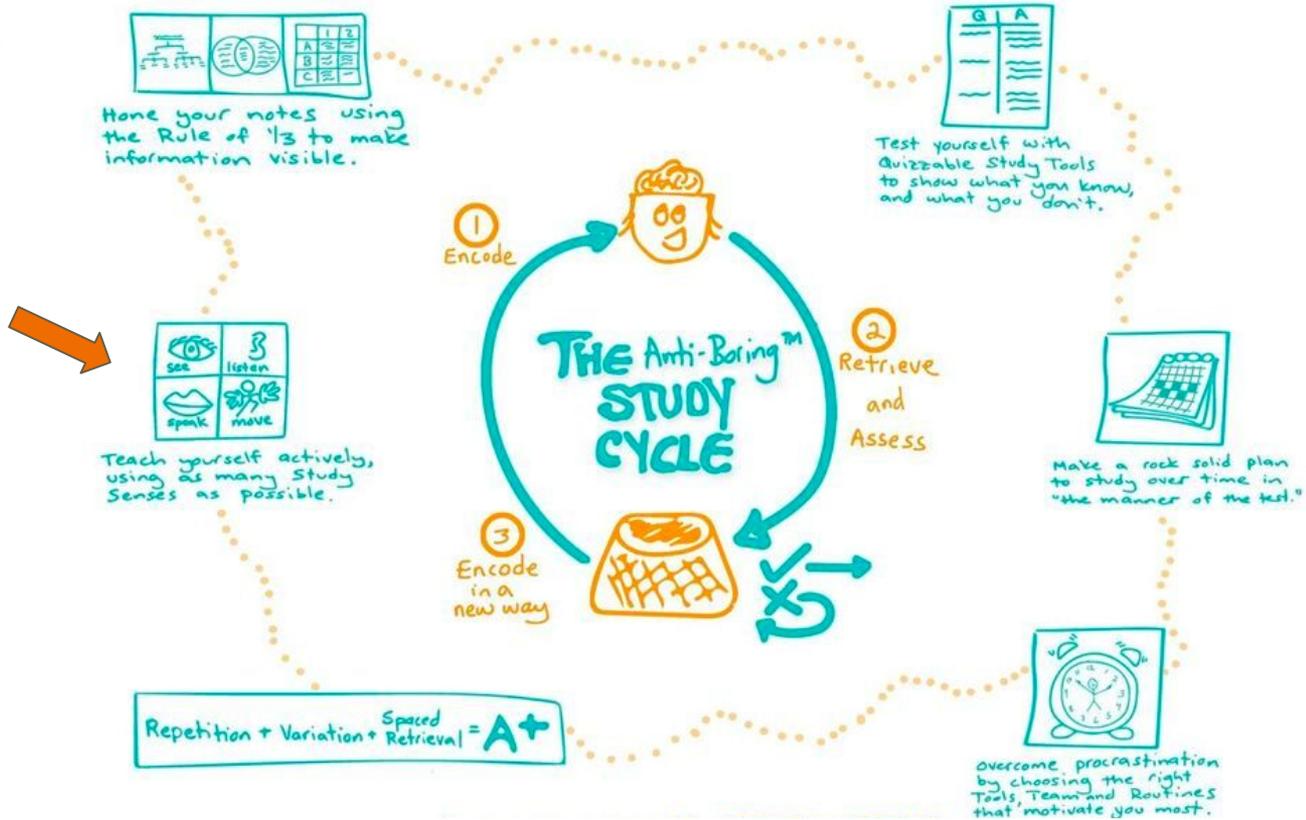


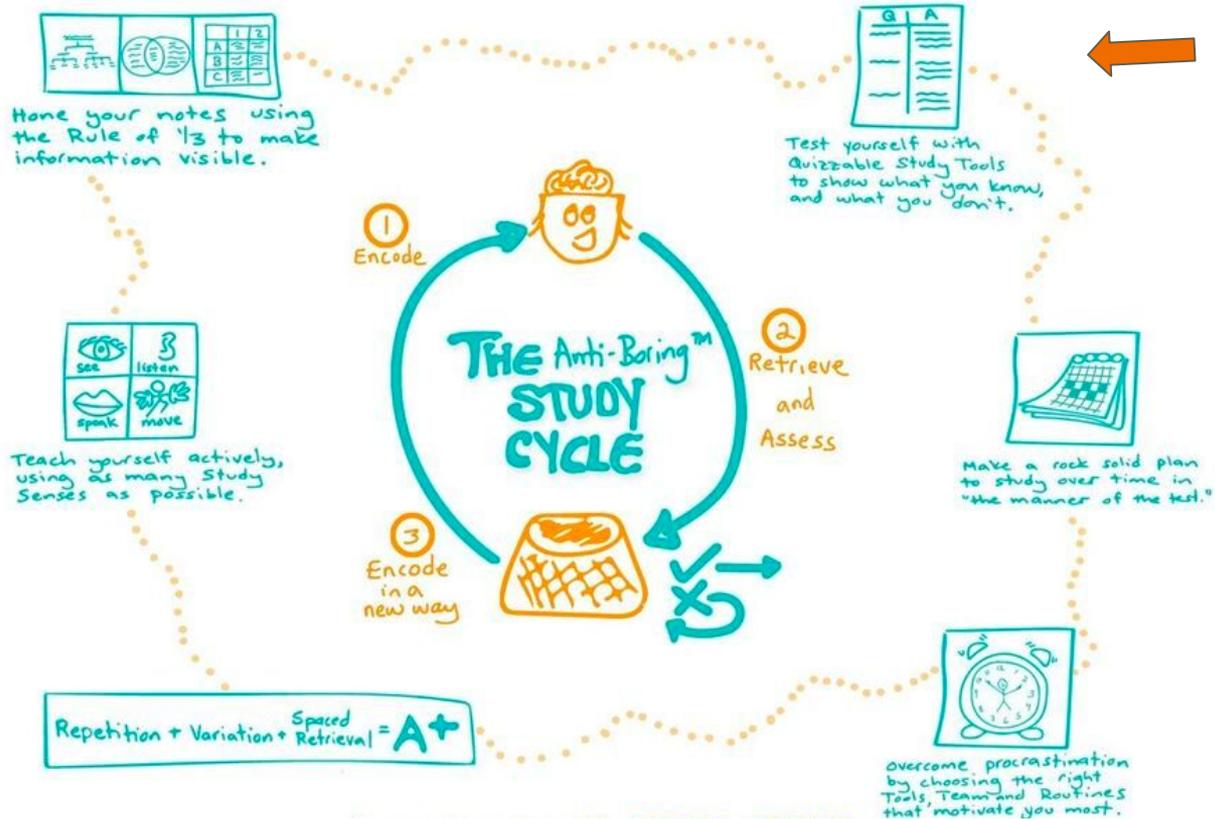
Tool Kit #3 -

What tools do you have for helping students...

make information **visible** by taking powerful and varied notes?

Week 4:
Take Powerful Notes





Tool Kit #4 -

What tools do you have for helping students ...

test and assess themselves (to prove what they do and don't know)?

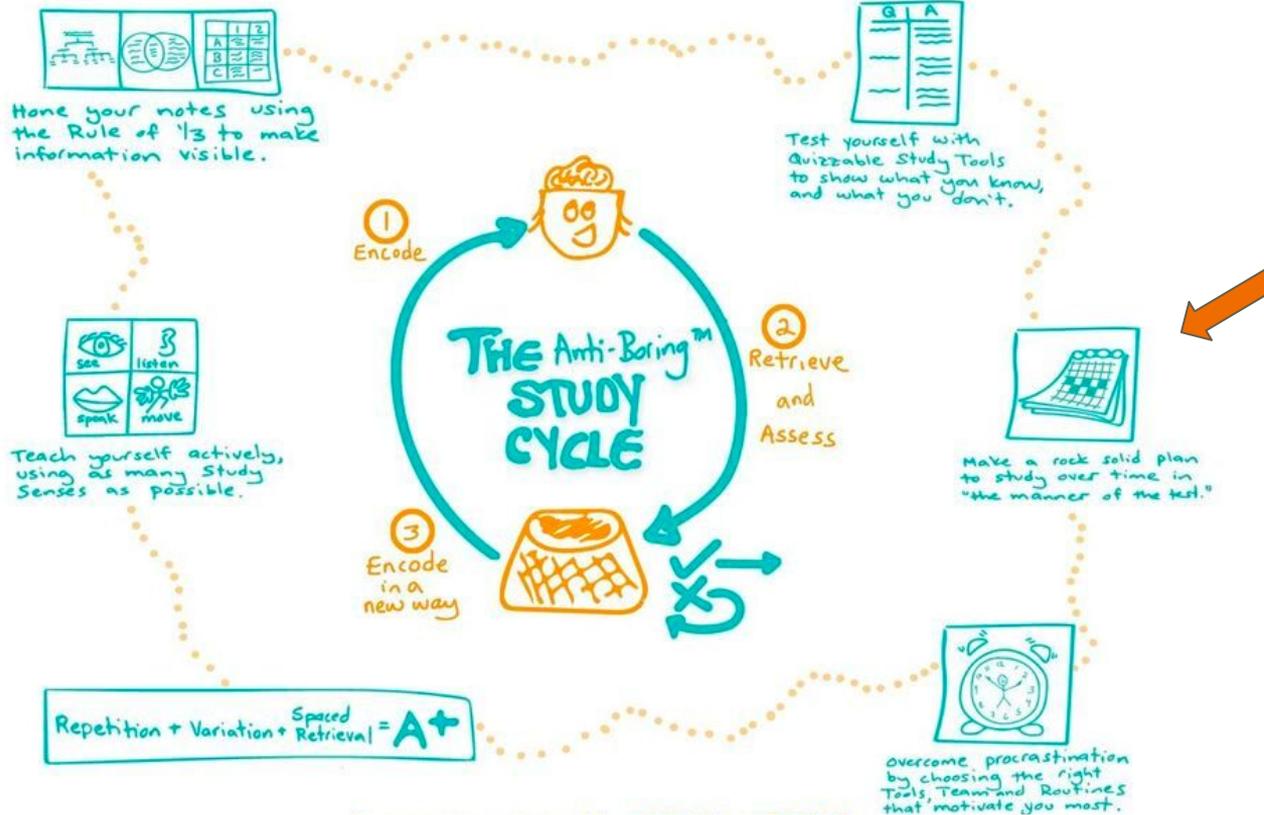
Week 5:
Quizzable Study Tools

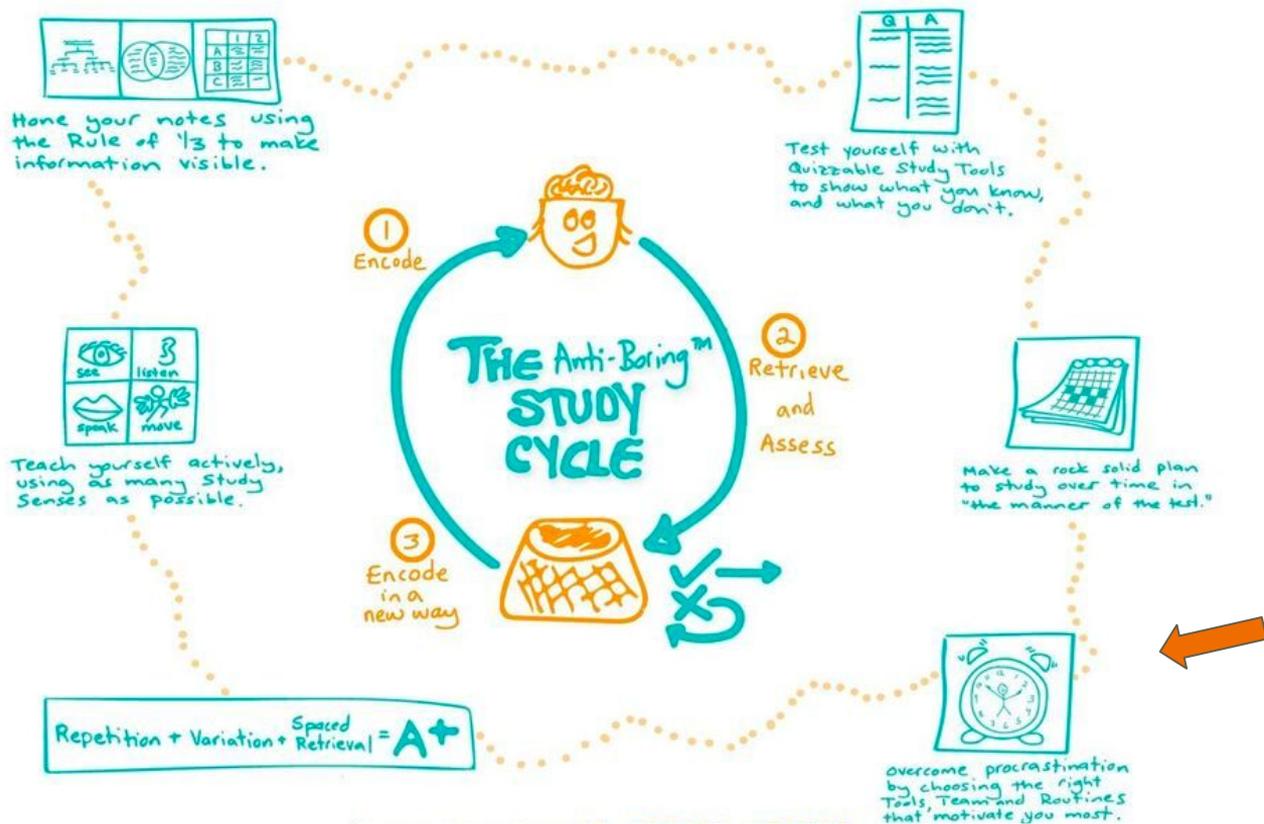
Tool Kit #5 -

What tools do you have to help students...

make effective anti-cram study plans?

Week 6:
Rock Solid Study Plans





Tool Kit #6 -

What tools do you have to help students...

overcome procrastination so that they actually follow through on their plans?

Week 7:
Overcome Procrastination