

# Learning Strategies

# 學習策略



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# Learning Strategies

“ Learning strategies refer to Students' self-generated thoughts, feelings, and actions, which are systematically oriented toward attainment of their goals” .

學習策略是指學習者自我創造的想法，感受和行動，以便有系統地實現目標”。

## 態度 + 行動

*According to Jasmina Hasanbegovic*

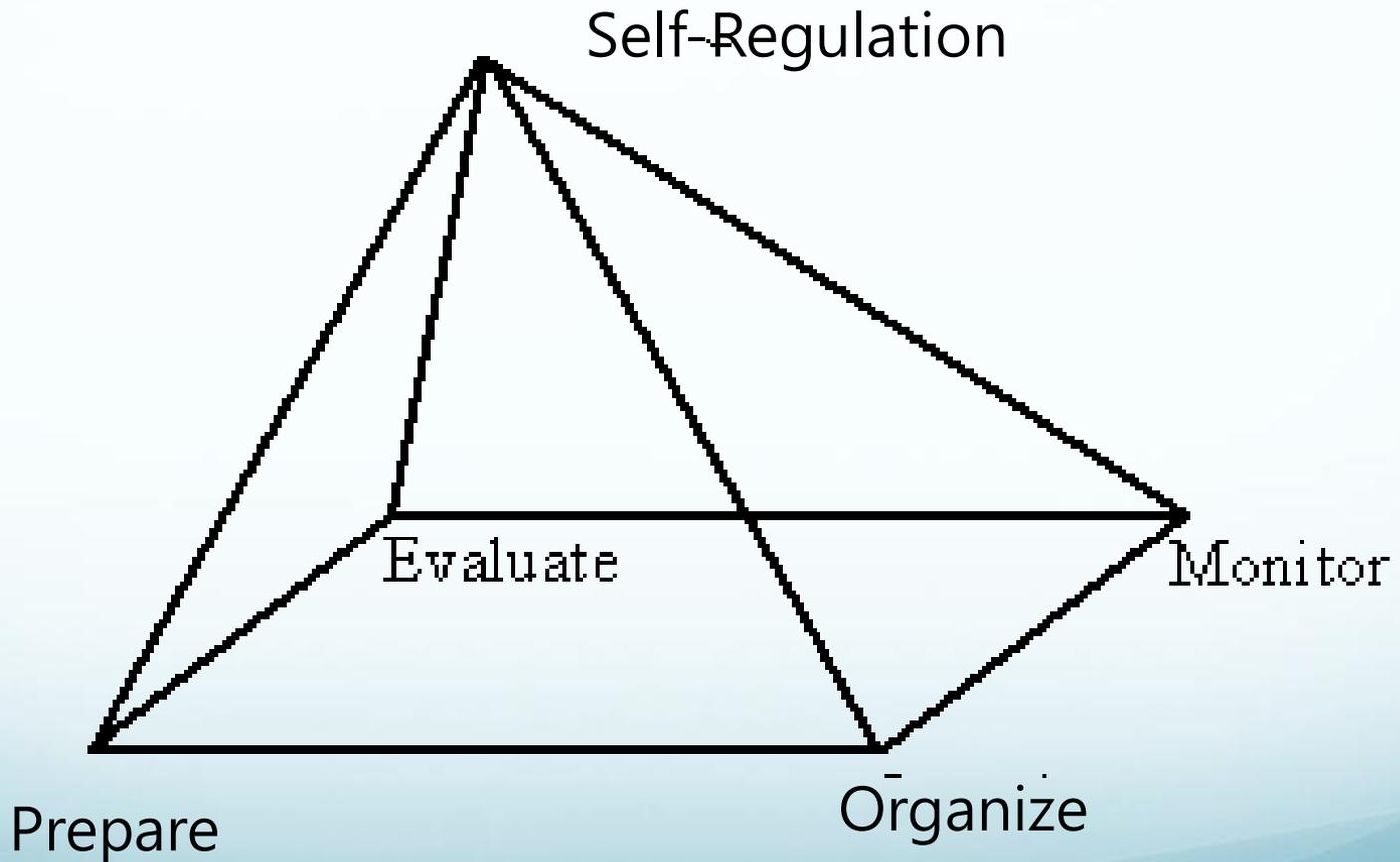


# Key Learning Strategies

1. Spaced practice
  - Space out your studying over time
2. Retrieval practice
  - Practice bringing information to mind without the help of materials
3. Elaboration
  - Explain and describe ideas with many details
4. Interleaving
  - Switch between ideas while you study
5. Concrete examples
  - Use specific examples to understand abstract ideas
6. Dual coding
  - Combine words and visuals



# Key Learning Strategies - POEM



# Learning Strategies

知彼知己，百戰不殆；  
不知彼知己，一勝一負，  
不知彼不知己，每戰必殆。



《孫子兵法·謀攻篇》

# Learning Styles

## Morning vs. Evening

早起的鳥兒有蟲吃？



# Learning Styles

## VAK Model



# Learning Style - Visual

- As a visual learner, you are usually neat and clean.
- You often close your eyes to visualize or remember something, and you will find something to watch if you become bored.
- You may have difficulty with spoken directions and may be easily distracted by sounds.
- You are attracted to color and to spoken language (like stories) that is rich in imagery.



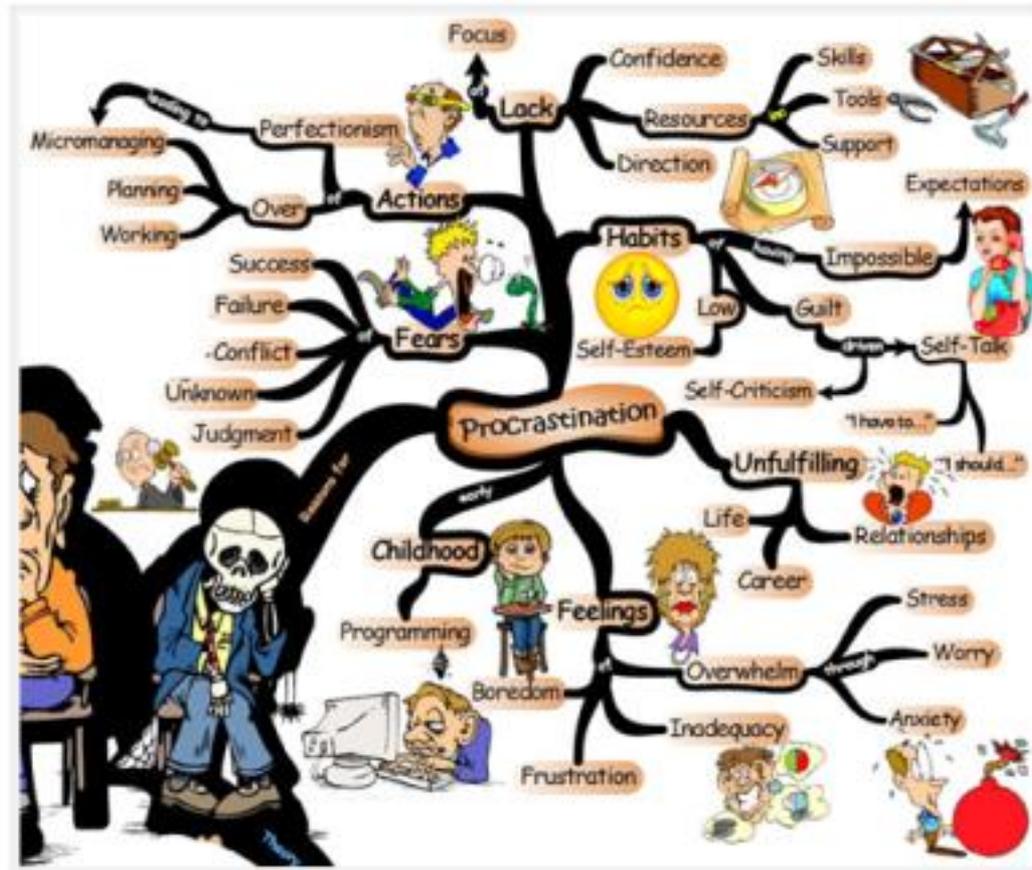
# Learning Style - Visual

Here are some things that visual learners like you can do to learn better:

- Sit near the front of the classroom. (It won't mean you're the teacher's pet!)
- Have your eyesight checked on a regular basis.
- Use flashcards to learn new words.
- Try to visualize things that you hear or things that are read to you.
- Write down key words, ideas, or instructions.
- Draw pictures to help explain new concepts and then explain the pictures.
- Color code things.
- Avoid distractions during study times.
- Remember that you need to **see** things, not just hear things, to learn well.

# Learning Style - Visual

## Reasons for Our Procrastination Habits



# Learning Style - Auditory

- As an auditory learner, you probably hum or talk to yourself or others if you become bored.
- People may think you are not paying attention, even though you may be hearing and understanding everything being said.



# Learning Style - Auditory

Here are some things that auditory learners like you can do to learn better.

- Sit where you can hear.
- Have your hearing checked on a regular basis.
- Use flashcards to learn new words; read them out loud.
- Read stories, assignments, or directions out loud.
- Record yourself spelling words and then listen to the recording.
- Have test questions read to you out loud.
- Study new material by reading it out loud.
- Remember that you need to **hear** things, not just see things, in order to learn well.



# Learning Style - Kinesthetic



- As a tactile learner, you like to take things apart and put things together
- You tend to find reasons to tinker or move around when you become bored.
- You may be very well coordinated and have good athletic ability.
- You can easily remember things that were done but may have difficulty remembering what you saw or heard in the process.
- You often communicate by touching, and you appreciate physically expressed forms of encouragement, such as a pat on the back.

# Learning Style - Kinesthetic



Here are some things that tactile learners like you can do to learn better:

- Participate in activities that involve touching, building, moving, or drawing.
- Do lots of hands-on activities like completing art projects, taking walks, or acting out stories.
- It's OK to chew gum, walk around, or rock in a chair while reading or studying.
- Use flashcards and arrange them in groups to show relationships between ideas.
- Trace words with your finger to learn spelling (finger spelling).
- Take frequent breaks during reading or studying periods (frequent, but not long).
- It's OK to tap a pencil, shake your foot, or hold on to something while learning.
- Use a computer to reinforce learning through the sense of touch.
- Remember that you learn best by **doing**, not just by reading, seeing, or hearing.

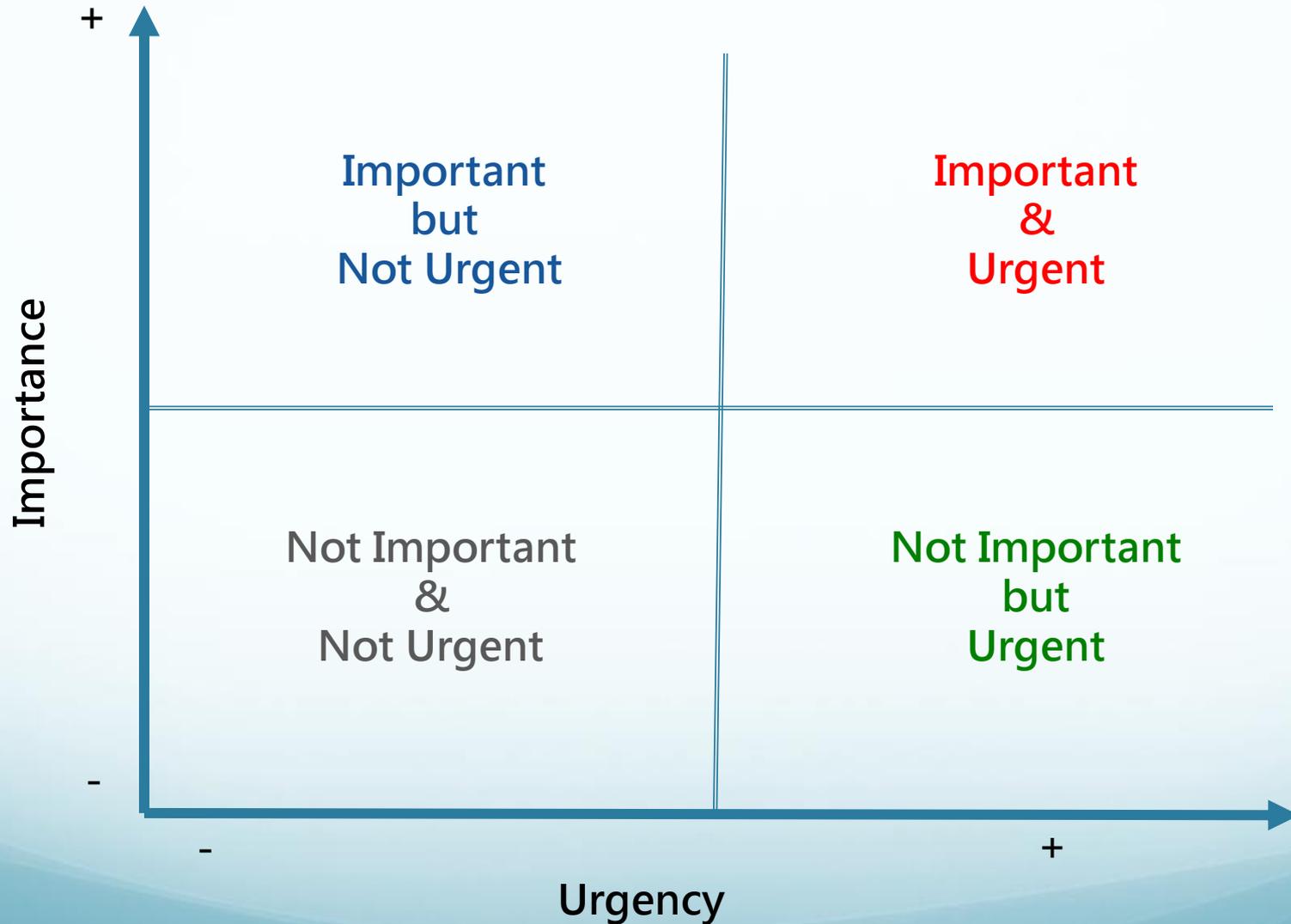
# Time Management

The Key to Good Time Management -

Understanding The Difference Between **Urgent** and **Important**



# Time Management



# How to develop Self-discipline

- Remove temptations. Self control is often easiest when abiding by the old saying, “out of sight, out of mind.” ...
- Eat regularly and healthily. ...
- Don't wait for it to “feel right.” ...
- Schedule breaks, treats, and rewards for yourself. ...
- Forgive yourself and move forward.

# How to develop Self-discipline

- Begin with small things.
- Clean your environment.
- Make a schedule and learn to conform to it
- Wean yourself off of being entertained
- Be on time.
- Keep your word, even in the littlest things.
- Do the hardest task first.
- Finish what you start.
- Practice self-denial just for the sake of self-denial. It reminds you that you are in charge of you.
- Volunteer

Learning is not about reading a book, or going to a seminar.

Learning is about changing behaviors.

The moment you change your behavior, you' ve learned!

