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It is not what is poured into a student that counts but what is planted.
--Linda Conway

What School Doesn't Teach You: How To Learn

At school, work, and at home, we are continuously learning. But how do we learn, and are we going about this essential life skill effectively? Educational psychologists are beginning to examine these questions, and the answers that have come up so far may be surprising. It turns out that learning in ways that are engaging and that involve critical thinking are more effective overall compared to techniques such as highlighting and re-reading text. In an information world where facts are abundant and easily searchable, this article probes us to take a step back and evaluate what we are learning through questioning and spreading things out rather than cramming. Check out this article to see if your approaches to learning make the grade -- and how you can improve!

Be The Change:

The next time that you need to learn something, try practice testing or distributing your learning over a long period of time. See how these strategies may help you understand something or even help you more effectively share your new-found knowledge with others.