

Metacognition – Studying vs. Learning

TIGER

I TAUGHT STRIPE HOW TO WHISTLE


I DONT HEAR HIM WHISTLING

I SAID I TAUGHT HIM. I DIDNT SAY HE LEARNED IT

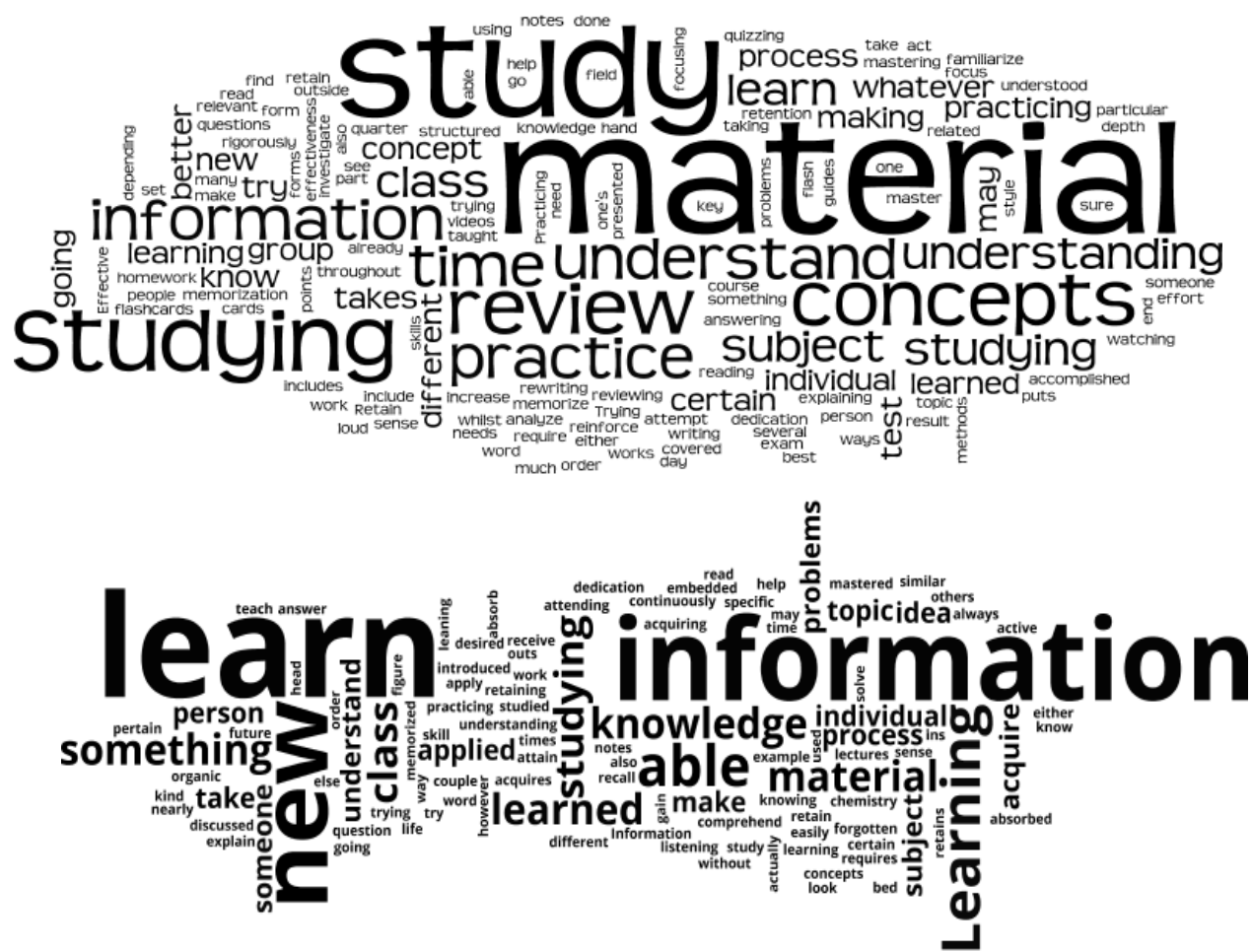
BUD BAKE 5-6

hours spent "studying"

YouTube

A cartoon dog with black and white spots is sitting next to a YouTube logo. The logo is a rounded rectangle with the word "YouTube" in a stylized font and a small character with a lightbulb above its head.

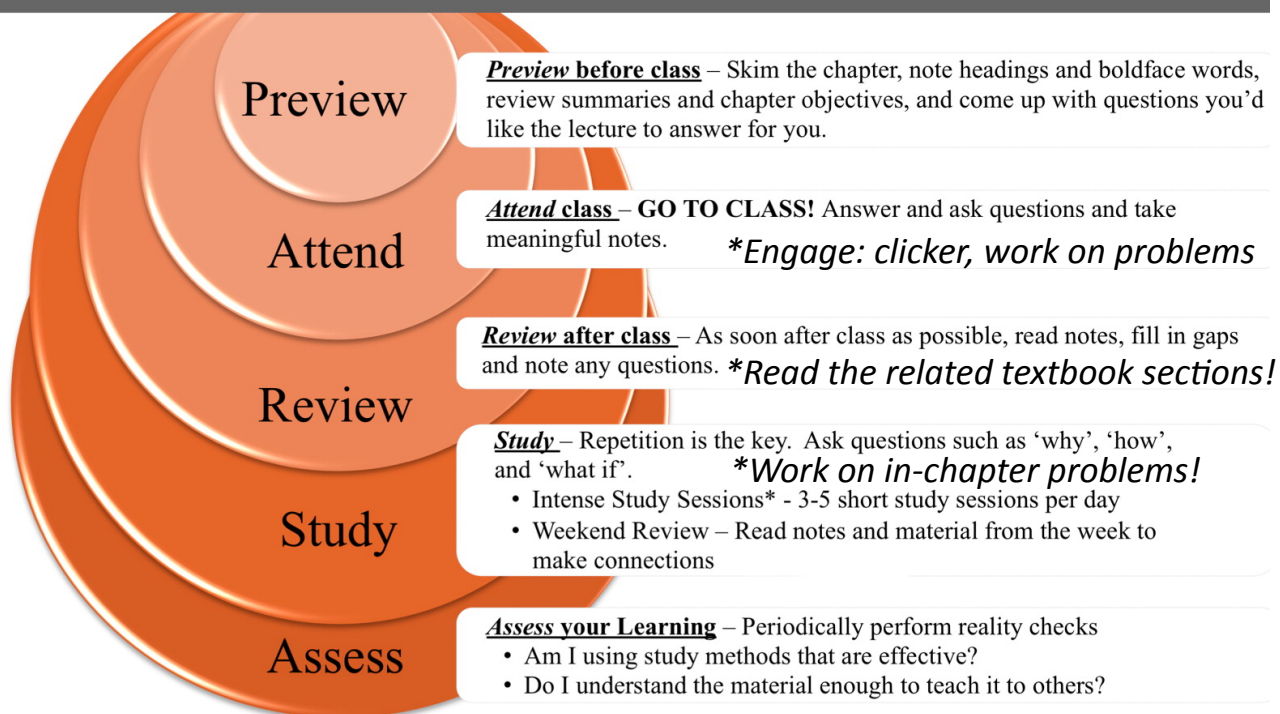
Why or why not?



Studying \neq Learning

“Studying” is the tool/mechanism used to achieve “learning.”

The Study Cycle



*Intense Study Sessions

1	Set a Goal	(1-2 min)	Decide what you want to accomplish in your study session
2	Study with Focus	(30-50 min)	Interact with material - organize, concept map, summarize, process, re-read, fill-in notes, reflect, etc.
3	Reward Yourself	(10-15 min)	Take a break – call a friend, play a short game, get a snack
4	Review	(5 min)	Go over what you just studied

The Study Cycle as presented to the Louisiana State Univ. students seeking advice from the Center for Academic Success.
(*Notes added by Laurie Starkey) Published in: Elzbieta Cook; Eugene Kennedy; Sandra Y. McGuire; *J. Chem. Educ.* **2013**, 90, 961-967. DOI: 10.1021/ed300686h Copyright © 2013 The American Chemical Society and Division of Chemical Education, Inc.

To prepare for a CHM 201 exam, what is the BEST use of my time? _____

To prepare for a CHM 201 exam, what is the SECOND BEST use of my time? _____

- Watch online lecture again at Educator.com
- Rewrite my notes
- Work textbook problems
- Watch tutorials/videos online
- Listen to recording of lecture I attended