

# How Can We Help?

Advising Kids Don't Know How to Study



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# Study Cycle

## Ean's Story

**If something doesn't work,  
doing more of it  
won't help.**



# What Isn't Working?

**If you ask your students  
what they do to study, what  
will they say?**

## **Whiteboards**

**Hold it up when you finish.**

- I look over my notes.
- I re-read the chapter.
- I underline/highlight the important information.



# Why Doesn't It Work?

**Based on what you know about learning, what do you think makes these methods ineffective?**

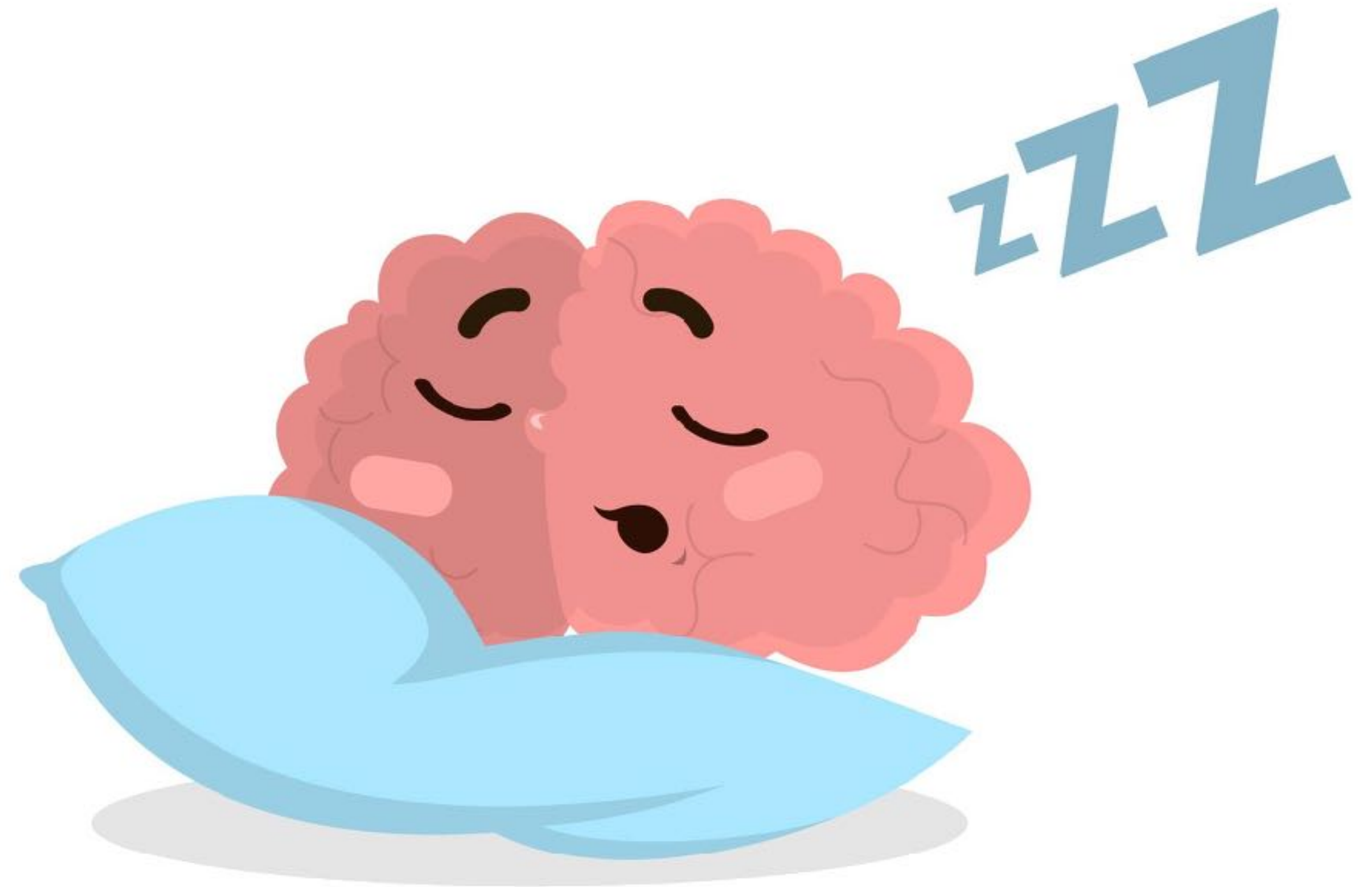
**Whiteboards**

**Hold it up when you finish**

# Why Doesn't It Work?

**These methods are too passive**

- Looking over notes
- Re-reading the chapter.
- Underlining and highlighting



# Why Do They Keep Doing It?

**If what they are doing doesn't produce results, why do you think they keep doing it?**

- They just don't know what else to do.
- They believe it will work if they do it better or for longer.
- The effective methods are uncomfortable.

**“A fact can feel inaccessible in the moment (low retrieval strength) but still be deeply encoded (high storage strength). Crucially, each successful act of effortful retrieval increases both. That is why the temporary forgetting we experience between practice sessions actually enhances learning.”**

**- Carl Hendrick**



**WE CAN HELP!**

# Step 1 - Establish Credibility

**Start on the first day of school**

(or Monday)

- Show them you take your job seriously.
- Show them you are passionate about learning.
- Show your work - Be explicit about why

# Step 2 - Full Class Help

## About a Week Before the First Test

(or a week before your next test)

- Hold a session for everyone with top study tips.
- There isn't time for every detail - 3 to 5 things that will help all students.

**Write on your whiteboards - 40s**

**Don't hold them up.**



- Send it in an email to parents too!

# Step 3 - Individual Help

## After the first test

- Ask students who didn't perform well to meet with you.
- Let everyone know you are available for individual meetings
- Send it in an email to parents too!



# The Ideal Meeting

## Three Parts

- What they do in class
- How they study (most of your meeting time)
- Test taking strategies





# Studying

- **Explain Retrieval Practice Benefits** (Theater Productions Crash and Burn Day)
  - Short Answers - Advise good flashcards use
    - Less is more.
    - Separate piles
    - Spaced intervals
  - Long Answers - Advise question list
    - Answer on paper
    - Compare carefully to the resource for feedback

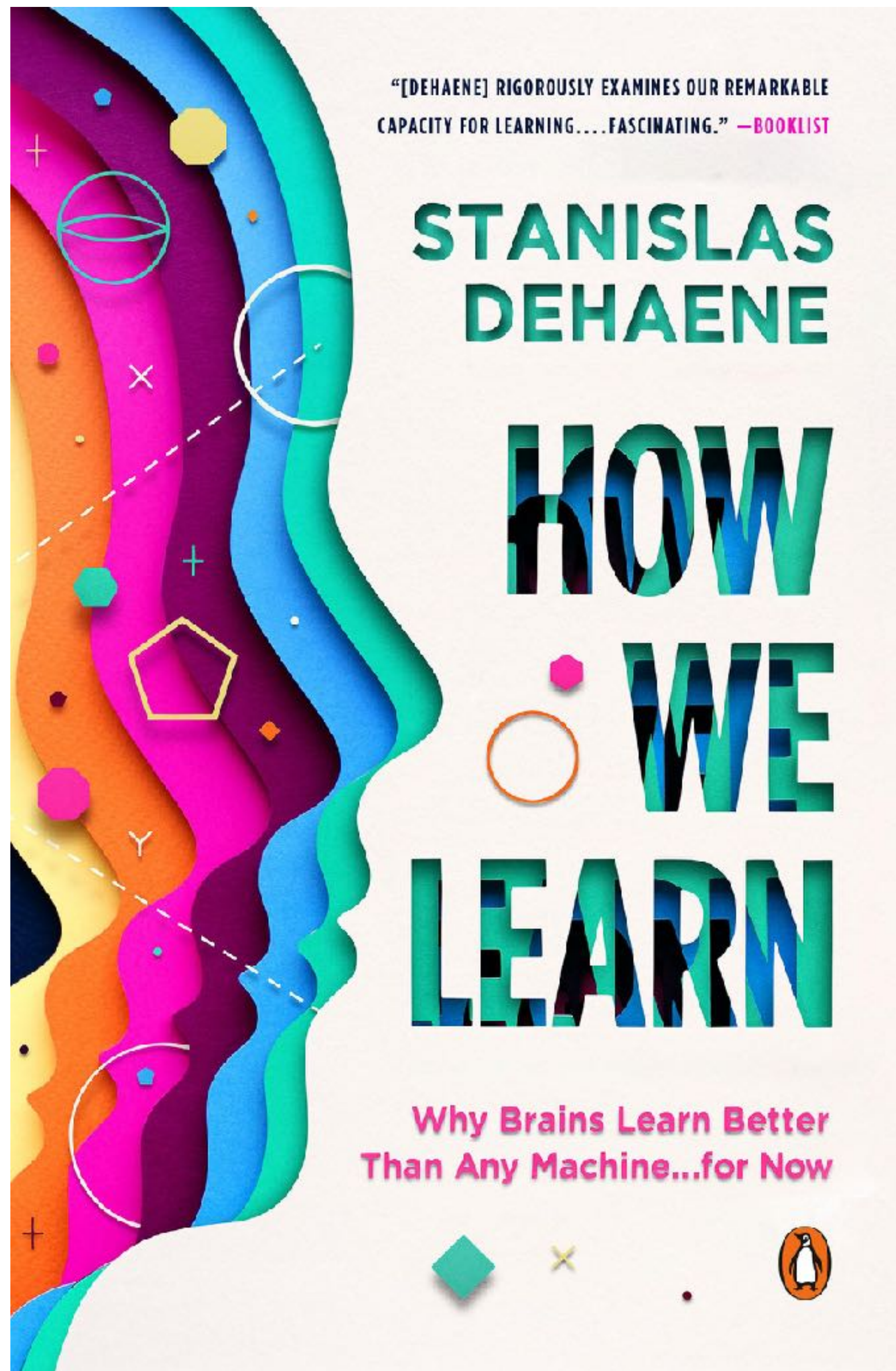
# Studying

- **Explain Focus and Diffuse Modes** (No more marathon sessions til 2AM!)
  - Advise a timer
    - Not the one on your phone
    - One that doesn't tick
    - Take it with you on the break.
  - Advise a plan for break times.
    - Chat with parents
    - Discipline to return when the timer goes off

# Studying

- **Explain Dual Coding Benefits** (No, you aren't a visual learner, but visuals help everyone.)
  - Advise out loud study
    - You'll hear your errors
    - Hearing it in your own voice makes it stick.
  - Advise illustrating difficult concepts
    - Not all concepts
    - Easier in some subjects than others





**If a student suggests something, encourage it.**

**“All solutions that force students to give up the comfort of passivity are effective.”**

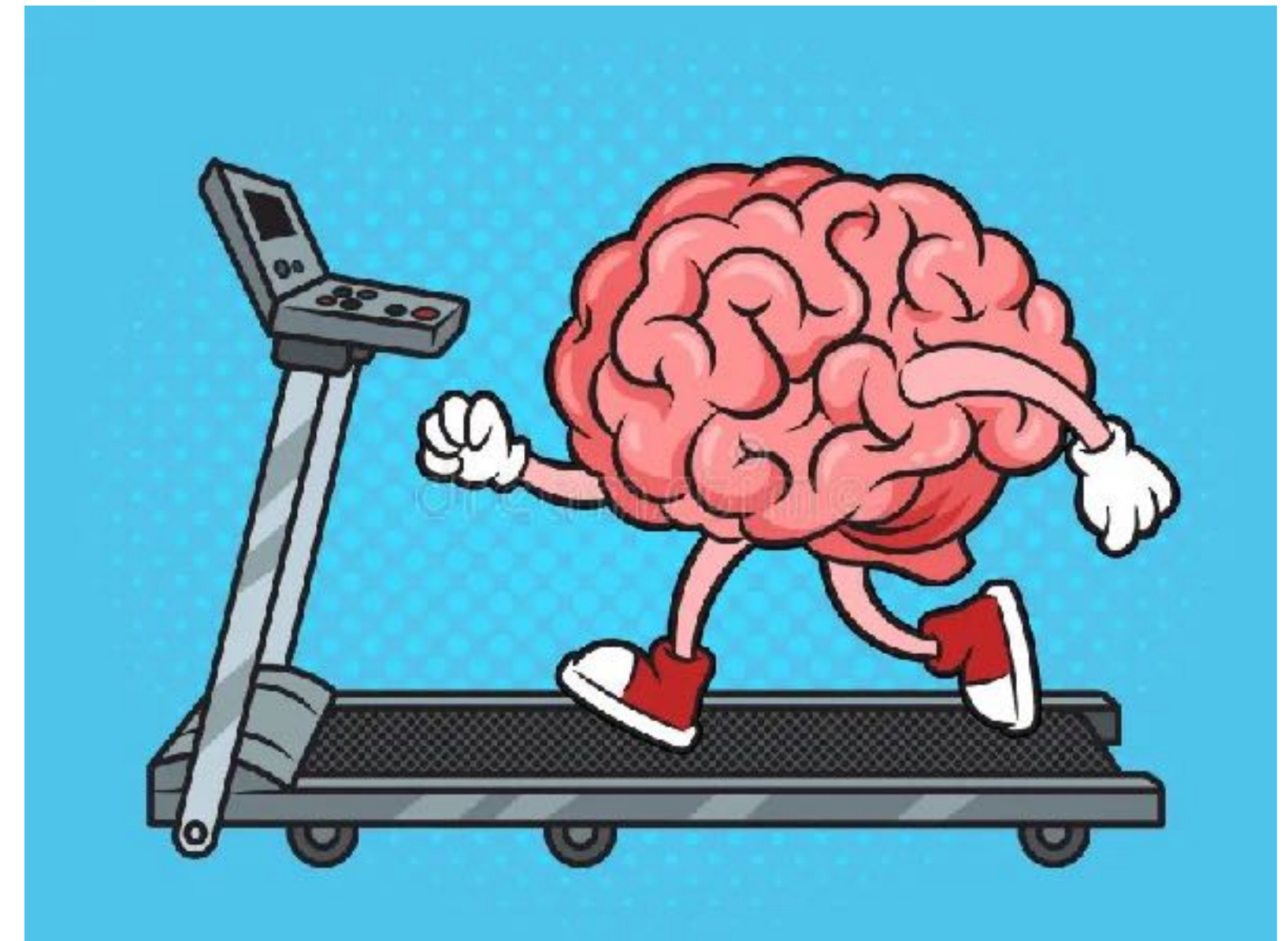
**- Stanislas Dehaene in *How We Learn***



# Stand Up

## Find a Partner

**“Study is a verb.”**







# ***The Learning Hawk***

The Learning Hawk provides:

- Evidence-based professional development for teachers
- Seminars for parents of middle and high school students about how to help their children study effectively
- Discussions with students who would like to improve their study habits

**thelearninghawk.com**  
**beth@thelearninghawk.com**

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