

How to Get the Most Out of Studying Video Series

Submit your answers to the questions below, saved as a Word document, in the D2L Dropbox [Learning How to Learn] before class on the due date provided on the course schedule.

Video #1 Questions

1. List and explain the four beliefs that students mistakenly hold that impact their ability to learn.
2. What is metacognition? What mistakes regarding metacognition do weaker students typically make? Explain what the example of the test takers/graph illustrates regarding metacognition.
3. How are poor study habits related to weakened metacognition?

Video #2 Questions

4. What does the psychology experiment from Hyde and Jenkins show about what is the most important factor for successful learning?
5. What is the difference between shallow and deep level processing? What kinds of methods result in shallow processing? Deep processing?

Video #3 Questions

6. Explain the four principles for achieving deep processing and the questions related to these principles.
7. How can automaticity be detrimental to learning in some cases? Give an example from the video.

Video #4 Questions

8. Give two reasons why notetaking on a laptop is not conducive for learning.

Video #5 Questions

9. According to the video, what changes should a student make to improve after a failed exam? What are common pitfalls to avoid?