



Identifying How Children Learn

Books and Websites

- Carol S. Dweck, PhD.— *Mindset: The New Psychology of Success*
- Barbara Oakley, PhD and Terrance Sejnowski, PHD with Alistair McConville— *Learning How to Learn, a Guide for Kids and Teens*
- Marcia L. Conner— *Learn More Now*
- Diffuse/Focused mindsets: <http://www.metalearn.net/articles/focused-and-diffuse>
- Working memory: <https://childmind.org/article/what-is-working-memory/>
- Memory Palace: <https://www.ncbi.nlm.nih.gov/pubmed/28279356>
- Improving memory: <https://www.inc.com/brian-wong/how-learning-a-new-skill-helps-your-mind-grow-stronger.html>
- How to study better: <https://www.thebestcolleges.org/17-scientificallly-proven-ways-to-study-better-this-year/>
- Environment and studying: <http://www.ioethetutor.org/study-in-different-places-not-just-one/>

Videos

- **Diffused/Focused Modes**
www.youtube.com/watch?v=WTr12dK2Se0&list=PLk6K3y35L33FMYYV31d6tSYUQ5N7d0gj53
- **Pomodoro Technique**
<https://www.youtube.com/watch?v=mNBmG24djoY>
- **Memory Palace**
<https://youtu.be/p9IOqd1LpkA>

Tips to help your child improve working memory

1. Work on visualization skills. Children can create a picture in their mind of what they've just read or heard. For example, say you've asked your child to set the table for five people. Have your child imagine what the table should look like, and then draw it. As kids get better at visualizing, they can describe the image instead of drawing it.
2. Have your child teach you. Being able to explain how to do something involves making sense of information and mentally filing it. When your child is learning a new skill, ask them to teach you this skill.
3. Try games that use visual memory like the classic game Concentration (or Memory). You can also do things like give kids a magazine page and ask them to circle all instances of the word the or the letter a. License plates can also be a lot of fun. Take turns reciting the letters and numbers on a license plate and then saying them backwards, too.
4. Simple card games like Crazy Eights, Uno, Go Fish, and War can improve working memory in two ways. Kids have to keep the rules of the game in mind. They also have to remember what cards they have and which ones other people have played.
5. Practice active reading. Use handwritten notes. Talking out loud and asking questions about the reading material can also help with working memory. Active reading strategies like these can help with forming long-term memories, too.
6. Chunk information into smaller bites. It's easier to remember a few small groups of numbers than it is to remember one long string of numbers. Keep this in mind when you need to give your child multi-step directions. Write them down or give them one at a time. Use graphic organizers to help break writing assignments into smaller pieces.
7. Use multiple senses to process information. Write tasks down so your child can look at them. Say them out loud so your child can hear them. Walk through the house as you discuss the family chores your child needs to complete. Using multisensory strategies can help kids keep information in mind long enough to use it.
8. Help your child form associations that connect different details and make them more memorable. One way is to grab your child's interest with fun mnemonics. For instance, the made-up name "Roy G. Biv" can help kids remember the order of the colors in the rainbow. Finding ways to connect information helps with forming and retrieving long-term memory.

Source: *8 Working Memory Boosters*. *Understood.org*:

<https://www.understood.org/en/school-learning/learning-at-home/homework-study-skills/8-working-memory-boosters>



For More Information: PARENTS@MILITARYCHILD.ORG

Identifying How Children Learn

Tips to Improve Reading

- Preview the material
- Organize thoughts
- Read - don't rush
- Reread if needed
- Handwrite key points
- Look away and try to recall

Pitfalls to Learning

- Not getting enough sleep
- Passive reading and rereading
- Too much highlighting or underlining
- Glancing at the solution to a problem
- Cramming
- Lazy learning
- Ignoring your book
- Not clearing up points of confusion
- Distractions
- Chatting with friends instead of studying with them

Source: Learning How to Learn by Barbara Oakley and Terrence Sejnowski with Alistair McConville



How to Encourage a Growth Mindset

What Can I Say To Myself?

Instead of:

Try thinking:

I'm not that good at this.

What am I missing?

I'm awesome at this.

I'm on the right track.

I give up.

I'll use some of the strategies we've learned.

This is too hard.

This may take some time and effort.

I can't make this any better.

I can always improve, so I'll keep on trying.

I just can't do maths.

I'm going to train my brain in maths.

I made a mistake.

Mistakes help me learn better.

She's so smart. I'll never be that smart.

I'm going to figure out how she does it so I can try it.

Plan A didn't work.

Good thing the alphabet has 25 more letters.

It's good enough.

Is it really my best work?

Helpful contract to encourage students to think about learning as a process



Name: _____

I can't _____

YET...

But if I _____

I will be able to!



Source: Pinterest.com Teachers Net

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