

Teaching Students How to Learn

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Session 1

Growth Mindset and Bloom's Taxonomy

Here's a fairly common scenario: students consistently attend lecture, take detailed notes, attempt homework, get stuck on homework, and ask for help. Then, right before a test, they spend many hours reviewing notes and solutions. When they don't do well on the test, they are surprised because they "spent hours studying," and they reach out to you for advice. What advice do you give them?

In order to reach this group of students, I now give a workshop based on the book "*Teach yourself how to learn: strategies you can use to ace any course at any level*" by Sandra McGuire.

In this session, I'll describe the first half of the workshop which is focused growth mindset and Bloom's taxonomy.

Session 2

Metacognitive Strategies

In my workshop for students based on the book "*Teach yourself how to learn: strategies you can use to ace any course at any level*" by Sandra McGuire, we begin by describing growth mindset and applying Bloom's taxonomy. Students believe they can learn, and they see how assessment questions in physics are focused on application and analysis, not memorization. After that, we discuss metacognitive strategies.

In this session, we will explore the second half of the workshop which is focused on metacognitive strategies for reading and homework. This is especially important in the age of AI which can do students' work for them. Metacognition is the key to using AI effectively.