



Students' Scaffolding Series

LEARNING TO LEARN BETTER

Pre-Session Activity

How do you learn? Answer the following in a 'yes/no'.

1. Do you learn from **your friend** ? _____
2. Do you learn from **your Parents** ? _____
3. Do you learn by **reading/writing your lessons repeatedly** on paper ? _____
4. Do you learn by **watching videos**? _____



We should not only learn new things but learn how to learn in a better way for effective learning.

Learning Outcomes

After this session students will be able to understand...

- ***Why*** 'learning to learn better' is important
- ***How*** to study right and learn better
- ***Remember*** the 'important rules'



Importance of Learning to Learn Better

REMEMBER

- We can **save time** by better learning
- We **do not forget** what we have learnt
- We can **easily recall** what we have learnt
- We can **apply in our life** what we have learnt



To learn better we have to practice a few learning techniques daily.

Brainstorming



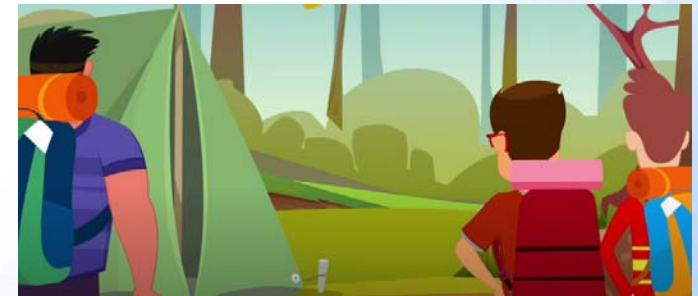
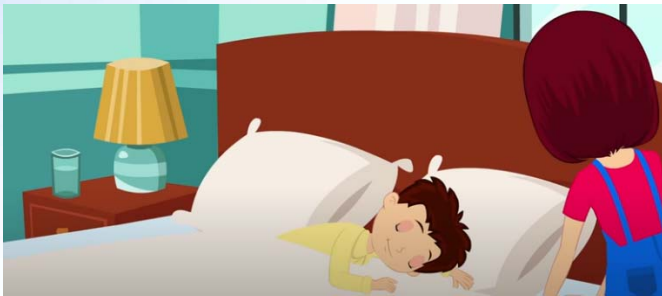
- *Where do you feel most confident?*
- *Where do you feel most nervous?*
- *What did you leave out?*

Let us try to understand factors that affect our learning.

Video Watching Activity

Let's watch an interesting video on time management, 'Time is precious'.

<https://www.youtube.com/watch?v=j439elt4UKA>



'Managing time' is most important step.

Discussion on the Video Watching Activity

1. *Why was Oliver crying?*
2. *What mistakes did he make?*
3. *Do you think he wasted his time?*
4. *What could have happened if Tofu had kept sleeping?*
5. *Do you manage you time?*



***Everything starts with planning and managing time.
Time management is the first step to learn in a better way.***

Activity Time – Peer Learning

Ask participants to make groups of four.

*Ask each participant to write his **best way of studying at home.***



Once each of them has written it, ask him/her to tell others in the group how this method help him/her in studies.

This activity can be reused by changing the task, for example, they may be asked to write their best way to manage time, practice before exams and so on.

Tell the participants that each of us is unique and we should appreciate others for their good habits and learn from them.

A colorful educational board setup. It features a green chalkboard in the foreground and a whiteboard behind it. The boards are supported by a wooden base. The frame is made of colorful plastic pipes in yellow, red, blue, and green. A box of markers is placed on the wooden base in front of the boards. The text "To Study Right and Learn Better" is written in yellow on the green chalkboard.

To Study Right
and Learn
Better

Planning Our Daily Learning

- Have a definite finishing time
- Drink plenty of water
- Have a tick list of topics to cover
- Gradually aim to summarise your notes
- Revise the same work again *after 10 minutes*
- Briefly review the work:
 - *after 1 day*
 - *after 1 week.*
- This method will fix the work quite firmly into your long-term memory

Physical Environment for Better Learning

- *Be seated comfortably, but attentively (Do not slouch for long!)*
- *Well lit (a reading lamp or under a tube light, it reduces eye-strain)*
- *Have a clock or watch nearby (time your revision sessions)*



Some More Points

- *Take care of yourself*
 - Sleep well and eat balance diet

Manage your time

- Finish your assignments before going to bed

- *Identify the problems and remove them*

- Take help of your parents and older siblings if needed

- *Plan to study*
 - Manage time

- *Make best use of time*

- Stay organised and develop self-discipline

- *Leave the habit of delaying things*

- Avoid excuses

- *Practice well before test*

- Re-read answers if done

- Increase your concentration skills

The Statistics about Forgetting: To Keep in Mind

- 66% learning is forgotten after 7 days
- 88% learning is forgotten after 6 weeks
- Reading notes and text books leads to a mere 10% retention 😞

Important Rules

Here are some **'important rules'** that have been tried for long time. A successful student will always follow these and make best use of his time:

Improve your memory



Keep learning new



Learn in multiple ways



Revise and take tests repeatedly



Learn by doing



Tasksheet

Setting a weekly revision time table

DAYS	MON	TUES	WED	THUR	FRI	SAT	SUN
Morning	SCHOOL	SCHOOL	SCHOOL	SCHOOL	SCHOOL	HIST - WW2	ENGLISH - writing
Afternoon	SCHOOL	SCHOOL	SCHOOL	SCHOOL	SCHOOL	RELAX	RECAP - WW2
Evening	Homework + MATHS - algebra	Homework + ENG - poems	Homework + BIOL - nerves	Homework + RECAP - algebra - poems	Homework + CHEM - salt	Homework + RECAP - nerves - salt	RELAX



**Thank You
ALL!**

So have I!

**Any
questions?
I can answer.**

**I have become
so good at
revising my
learnings!!**