



# THRIVE

Wellbeing and study success

Presented by:

Atticus D. Gray – School of Psychology

*Session 4: Active Learning*

What is this program all about?



# No Recordings

Today's session will **NOT** be recorded for your privacy.



# ▶ Learning

What does it mean?

## ▶ Learning

The acquisition of knowledge and skills through applied study, experience, or being taught.

## ▶ Learning

- Acquisition
- Consolidation
- Recall

# ► Acquisition

Passive vs Active

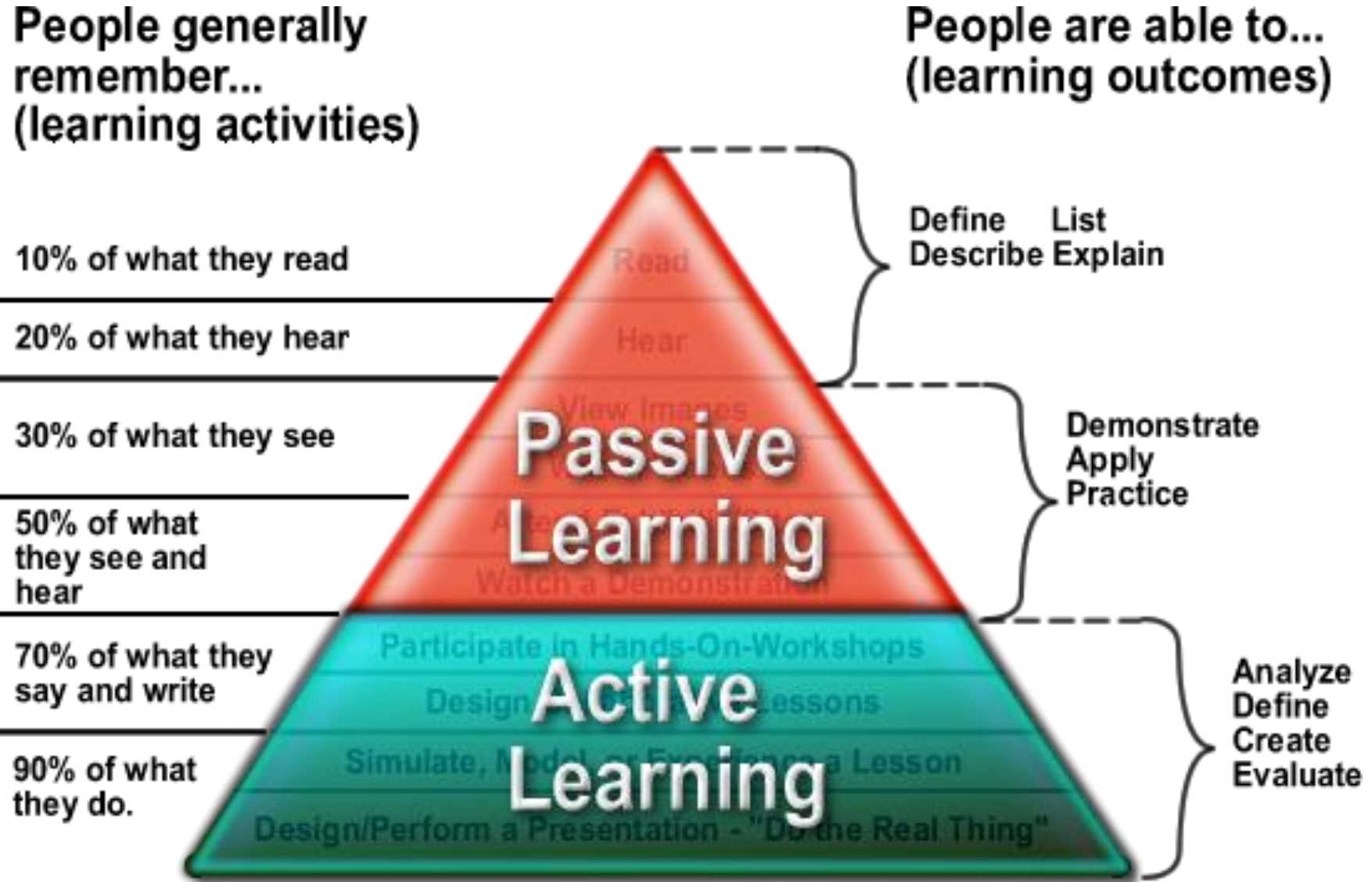


## ▶ Active Learning

Active learning is any activity that ensures student participation with the learning material as opposed to passively absorbing the information.



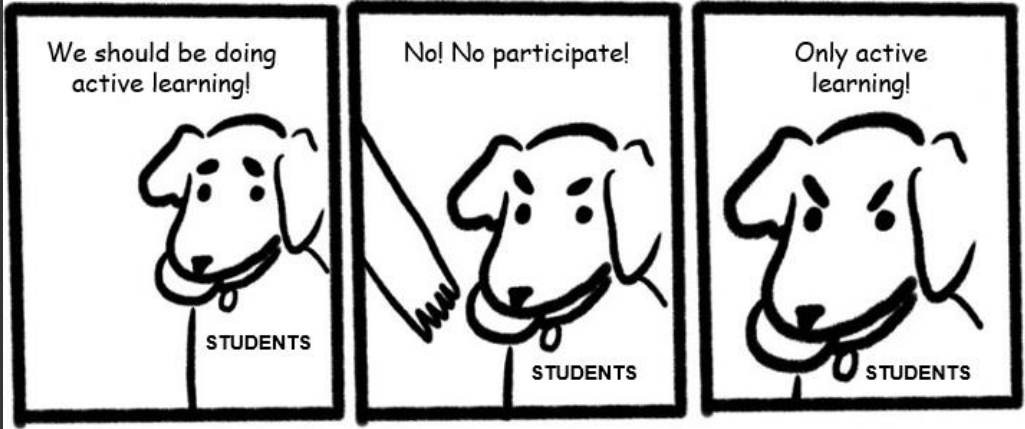
# Active Learning





# ► Why not?

Why don't we always engage in active learning?



5. Tired

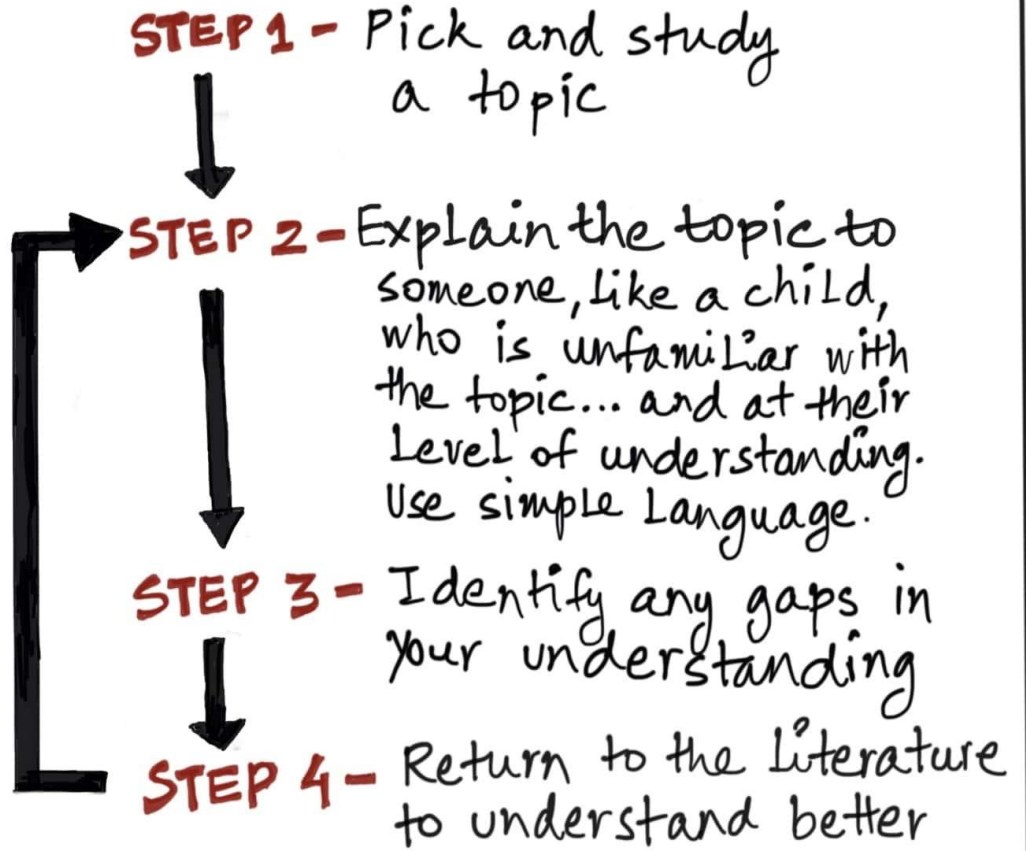
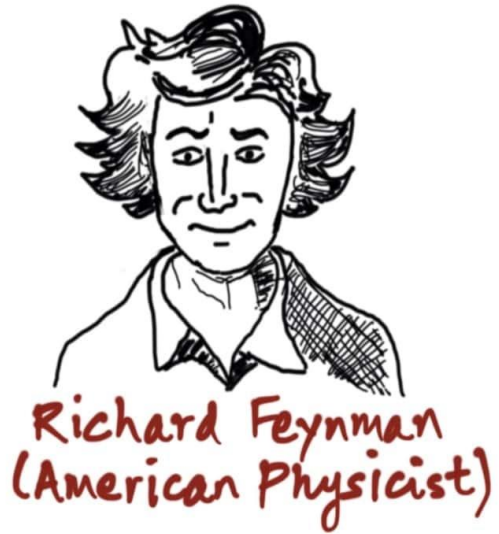
## ▶ Active or Passive

1. Reading the textbook
2. Attending a lecture
3. Attending a seminar
4. Taking notes
5. Watching a video

## ▶ Active Learning

1. Active techniques are unique to the individual
2. Relate to self
3. Make it novel
4. More neuron use = More acquisition

## THE FEYNMAN TECHNIQUE



[vishal@safalniveshak.com](mailto:vishal@safalniveshak.com)

# ► Consolidation

When does it happen?



## ► Consolidation

Sleeping for at least 30 min after learning increases recall by about 35%.

New neuronal connections only really grow when asleep, so not getting enough sleep actually reduces a persons ability to recall.

Yes, this is encouragement to nap after studying!

## ▶ Recall

Recall is rarely the bottleneck

Practice can mildly increase speed of recall



What will you take  
away from today?

The goal is *Progress*  
not *Perfection*

