

ACTIVE LEARNING

K. Chala, O. Mezhinska-Bruy,

National University of Food Technologies

Learning takes time. Very few people have photographic memories. Learning requires repetition- meaningful repetition. This is why active study techniques are so vitally important. Our brain accepts new material much faster if it "hears," "sees," "feels," "tastes," and detects motion during input or recording time. Then the more the learning circuit, the longer the impression. If you are able to place abstract ideas into diagrammatic form, you will remember the concept.

Four active processes will be used in the steps of any active study pattern and any study time that does not involve one or more of these steps is almost certainly passive and inefficient.

1. Identifying the important information – answering the eternal question of “what’s important here?”
2. Organizing the information – start with the “big picture” to create a framework that facilitates memorization and access appropriate for differential diagnosis.
3. Memorizing the information – this requires frequent review to keep it available for use!
4. Applying the information to more complex situations – practice questions, quiz questions, clinical applications, etc.

General points to consider:

- a. The student must focus his or her attention on whatever needs to be remembered. If you intend to remember something, you probably will.
- b. The student must be "sold" on the course. Why is this subject worth knowing? Correlative reading may enhance the student's interest. For example, historical novels are a marvelous way to learn history. The greater the knowledge, the greater the interest.
- c. Help the students classify and associate. Many authorities feel that you will master information faster if you learn in groups of seven or fewer at a time.
- d. Have the students overlearn through repetition.

References:

1. http://en.wikipedia.org/wiki/Active_learning
2. <https://teachingcommons.stanford.edu/resources/learning-resources/promoting-active-learning>