Supporting Students in Learning to Learn:

Teaching What versus Teaching How

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How I got here

PSY:1010 Learning About Learning cognition for learning, aimed at providing learning tools to students

*What about supports from the other side of the podium?

Three easy pieces: Mindset, metacognition, and memory

Mindset







Metacognition





























Memory is constructed and can be distorted.

You had the feeling that *sleep* was on the list.

How does this happen?







Working Against Illusions of Memory Desirable difficulties

1. Knowing = explaining

Explain the material to someone! "Memory is the residue of thought" (Willingham, 2009)

- 2. Spaced practice
- 3. Intermixed (variable) practice
- 4. Self-quizzing (retrieval practice effect)



Questions?