



Center for School Success

Learning Tip

Students don't tend to consider *how* they learn (strengths and weaknesses) until they have faced some sort of academic struggle. In fact, there are students who enter high school or college who have *never* experienced what it feels like to really struggle on a task. Eventually, when these students are confronted with a task that does not "come easily" they often become frustrated or simply give up because they lack effective strategies and the practice of using them.



Brain Fact

Metacognition (awareness of how our minds are working when we are learning something) does not emerge full-blown in late childhood in some "now you have it, now you don't" manner. The evidence suggests that, like other forms of learning, metacognition develops gradually and is *as dependent* on knowledge as experience.

How People Learn: Brain, Mind, Experience, and School, 2000

Strategies That Work

*If students are going to learn intentionally, they need to become aware of how their minds are working when they are learning something. The more they are able to describe **how** they learn best on given tasks, the easier it will be to choose useful strategies.*

Parents/Teachers can encourage students to consider the following general metacognitive questions that can be applied to any task:

- What's the purpose of learning this material?
- Do I know anything about the topic?
- What strategies will help me?
- Do I understand the material as I work?
- How should I correct answers?
- Have I accomplished my goal?

(Bruning, Schraw & Ronning, 1995)

Once strategies have been identified the following steps will help the student begin to apply them on his/her own:

- Parent/Teacher models the strategy for the student
- Have student perform the strategy with assistance
- Remind the student when the strategy could be used
- Praise the student every time the strategy is used
- Provide practice opportunities to use the strategy
- Encourage the student's self-choice of the strategy
- Help the student master the strategy
- Select a new strategy

(Help for the Struggling Student, Mimi Gold, 2003)

Learning Resources

Here are some resources we found that might give you more strategies to help your student.

- *Help for the Struggling Student*, Mimi Gold. Jossey-Bass. 2003
- *How People Learn: Brain, Mind, Experience, and School*, National Research Council. National Academy Press. 2000.
- *Strategies for Success*, Lynn Meltzer. Pro-Ed, Inc. 1995.
- *Learning to Learn: A free on-line course created by Mindquest Academy*
http://www.mindquestacademy.org/learningtolearn/MODULE_1/FMST1TOP.htm
- *Self-regulating Learning*, All Kinds of Minds: This web resource provides information on ways to improve student metacognition- <http://allkindsofminds.org/learningBaseSubSkill.aspx?lbssid=34>

Websites

All Kinds of Minds Institute: <http://www.allkindsofminds.org>

The institute's mission is to help students who struggle with learning measurably improve their success in school and life by providing programs that integrate educational, scientific, and clinical expertise. The website is designed to give parents, caregivers, and educators a better understanding of: learning processes, insights into learning difficulties, strategies for responding to difficulties and resources for learning more.

Education.com: <http://www.education.com>

This site provides parents of school-aged children with free access to information and resources. Education.com is a one-stop source of information for all parents' educational, developmental, and parenting questions.

Great Schools: <http://www.greatschools.net>

Great Schools empowers its parent community with advice about education topics such as school choice, moving with kids, preparing for college, learning difficulties, ADHD and tutoring. Great Schools is an independent, non-profit organization that empowers and inspires parents to participate in their child's development and educational success.

LDOnline: <http://www.ldonline.org>

LDOnLine.org is the world's leading web site on learning differences and offers information and resources.

Study Guides and Strategies: <http://www.studygs.net/index.htm>

This website offers study guides, strategies, skills, tips and habits for learners



About the Center for School Success (CSS)

CSS is a non-profit organization located in West Lebanon, NH. CSS services (learning assessments, professional development and community outreach) help teachers, parents, and students understand and manage specific breakdowns in learning, by linking *how* a student learns best with a plan for success.

To learn more about CSS: visit: www.centerforschoolsuccess.org or call (603) 298-6700