The Science of Learning

NOVA LLI

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Notes from Session 3: The Best Ways to Remember

Introduction

The importance of practice and feedback

• Practice and feedback strategies

Review Jeopardy

The Importance of Practice and Feedback

Practice (repetition is essential

Deliberate and incidental learning

Synaptic plasticity: Growth and decay

The Importance of Practice and Feedback

| Neurophysiology video |
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| Repetition builds neuronal ensembles |
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| Guidance and feedback focus practice |

The Importance of Practice and Feedback

| We don't practice sufficiently |
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| But we do practice games, sports, and hobbies |
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| Why do we practice games, sports, and hobbies willingly? |

Targeting

• Clear goals and success criteria

• Individualized practice as needed

Challenging and Supporting

• Goldilocks principle

• Scaffolding

Feedback

• Timely feedback

• Opportunity to succeed

• Spaced practice

• Interleaved practice

| GPS Mode | l of Feedback |
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• Where are you going?

• Where are you now?

• What do you need to do next to get there?

Locations for session notes, bibliography, and related documents:

- LLI web site course folder
- Bob's Google drive: https://tinyurl.com/SOL-LLI