4ydd Gynhadledd Dysgu ac Addysgu

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# Crynoldebau / abstracts

Current Research in Effective Learning Techniques

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The aim of this session is to facilitate a discussion about the practical application of recent research into study methods for the benefit of AU students. Around seventy percent of our students report that they have had no formal training in revision techniques before they arrive at university. The methods that they use, such as rereading of notes and cramming for exams, are relatively ineffective methods of developing long-term memory, conceptual understanding and subject expertise. Furthermore, these methods do not enable students to make the accurate judgements of learning that are required for successful self-directed study. In this presentation I will briefly review recent research into the effectiveness of different study methods and highlight the importance of regular retrieval practice for the development of long-term memory. I will also outline outcomes of research into social factors such as school experience, race and gender that act as barriers to learning. There is growing evidence of the potential to scale up interventions to overcome these problems, build confidence and motivate students. How can we use this information most effectively for the benefit of our students?

For useful reviews see: http://www.cell.com/trends/cognitive-sciences/pdf/S1364-6613(10)00208-1.pdf and https://www.perts.net/static/documents/paunesku\_2015.pdf