

# [The psychology of studying-reflective learning](https://assignbuster.com/the-psychology-of-studying-reflective-learning/)

Experiential cognitionStyle of thought arising during passive experience. Reflective cognitionStyle of thought arising while actively thinking about an experience. ONTHE PSYCHOLOGY OF STUDYING-REFLECTIVE LEARNING SPECIFICALLY FOR YOUFOR ONLY$13. 90/PAGEOrder NowSelf-referenceThe practice of relating of new information to prior life experience. Critical thinkingAn ability to evaluate, to compare, analyze, critique, and experience. Reflective SQ4R methodAn active study-reading technique based on these steps: survey, question, read, recite, reflect, and review. Active listenerA person who knows how to maintain attention, avoid distractions, and actively gather information from lecture. Spaced practicePractice spread over many relatively short study sessions. Massed practicePractice done in a long, uninterrupted study session. MnemonicA memory aid or strategy. Self-testingEvaluating learning by posing questions to yourself. OverlearningContinuing to study and learn after you think you've mastered a topic. Self-regulated learningDeliberately self-reflective and active self-guided studyWeekly time scheduleA written plan that allocates time for study, work, and leisure activities during a one-week periodTerm ScheduleA written plan that lists the dates of all major assignments for each of your classes for an entire semester or quarter. Specific goalA goal with a clearly defined and measurable outcome.