

The psychology of studying-reflective learning



Experiential cognition Style of thought arising during passive experience.

Reflective cognition Style of thought arising while actively thinking about an experience. ON THE PSYCHOLOGY OF STUDYING-REFLECTIVE LEARNING

SPECIFICALLY FOR YOU FOR ONLY \$13.90/PAGE Order Now Self-reference The

practice of relating of new information to prior life experience. Critical

thinking An ability to evaluate, to compare, analyze, critique, and experience.

Reflective SQ4R method An active study-reading technique based on these

steps: survey, question, read, recite, reflect, and review. Active listener A

person who knows how to maintain attention, avoid distractions, and actively

gather information from lecture. Spaced practice Practice spread over many

relatively short study sessions. Massed practice Practice done in a long,

uninterrupted study session. Mnemonic A memory aid or strategy. Self-

testing Evaluating learning by posing questions to yourself.

Overlearning Continuing to study and learn after you think you've mastered a

topic. Self-regulated learning Deliberately self-reflective and active self-

guided study Weekly time schedule A written plan that allocates time for

study, work, and leisure activities during a one-week period Term Schedule A

written plan that lists the dates of all major assignments for each of your

classes for an entire semester or quarter. Specific goal A goal with a clearly

defined and measurable outcome.