

BENEFITS OF TEACHING POST-SECONDARY STUDENTS PROPER STUDY HABITS

THE GORDIANS KNOT

Many First-Year College Students Are Unprepared For College



Fewer Than 27% Of American High School Students Demonstrated Proficiency in English, Reading, Mathematics And Science On College Entrance Exams

Many College Students Still Hold On To Old Study Habits From Their Early Schooling Years. These Habits Tend Not To Carry Over So Well Into Post Secondary



LEARNING HOW TO LEARN



Was A Study Conducted On Students In A 1st Year Psychology Course, With The Aims Of Improving Their Academic Results By Making Them Research Three Different Learning Strategies.

Low Utility Strategies

- Summarization
- **Highlighting** or Underlining
- ReReading

Moderate Utility Strategies

- Elaborative Interrogation (Using Why Questions)
- Self Explanation
- Interleaved Practice (Alternating Between Topics)

High Utility Strategies

- Practice Testing
- Distributed Practice (Spacing out Revision of Material)

RESULTS Students Who Did The “Learning How To Learn Assignment” Finished The Term With A Third Of A Letter Grade Higher Than The Control Semester That Didn’t Do The Assignment.

Also, Students Who Read Articles On “Practice Tests” Ended Up Earning Much Better Grades Than Those Who Read About “Distributed Practice” This Is Despite The Fact That They’re Both Considered “High Utility Strategies”

