

## **THE SCIENCE OF EFFECTIVE LEARNING**

Number of Students: 100

Age group: High School

Time: 50 mins

Goals:

- Understand the differences between passive and active learning
- Know how to study more effectively for exams in school as well as life in general
- Learn the importance of adopting a growth and learning mindset

Slideshow:

PLAN (10 min chunks):

### **5-10**

Background and intro to the course

### **10-25**

Describe growth mindset and common study traps

### **25-40**

Describe the concepts of spaced repetition, active recall, interleaved practice, generative learning.

### **40-50**

Give some examples of good studying techniques that follow the principles of learning. Wrap up by sending the slides link to the students as well as the link to my YouTube Channel and blogging website.