HELPING TUTEES LEARN BETTER WITH THREE M LEARNING STRATEGIES

3M Framework

Mindset
Know that you can learn

Metacognition
Track your learning and struggles

Memory
Use effective learning methods

A growth mindset helps students understand that they can learn through effort and deliberate practice.

Thinking about thinking is important for monitoring progress and realizing when something is still unclear.

To learn more effectively, and make learning "stick," students can use evidence-based memory strategies.

IOWA Center for Language and Culture Learning

LEARNING AT IOWA learning.uiowa.edu
## Promoting the 3Ms in tutoring sessions

### Mindset

A growth mindset helps students understand that they can learn through effort and deliberate practice.

<table>
<thead>
<tr>
<th>Fixed Mindset</th>
<th>Growth Mindset</th>
</tr>
</thead>
<tbody>
<tr>
<td>The belief that language learning is the kind of thing you're either good at or you aren't.</td>
<td>The belief that one can learn any language with the right amount of effort and practice. Tell them:</td>
</tr>
<tr>
<td>• &quot;I'm not even good with my native language.&quot;</td>
<td>• &quot;Maybe you're not where you want to be ...yet... but you can get there!&quot;</td>
</tr>
<tr>
<td>• &quot;I just don't have the knack for learning languages.&quot;</td>
<td>• &quot;I struggled so much with speaking/writing when I was learning this language.&quot;</td>
</tr>
<tr>
<td>• &quot;It's soooo hard.&quot;</td>
<td>• &quot;It's great that you're good in grammar! Let's set goals to practice more on other areas.&quot;</td>
</tr>
<tr>
<td>• &quot;I'm good with grammar but bad with speaking.&quot;</td>
<td></td>
</tr>
</tbody>
</table>

---

**IOWA**

Center for Language and Culture Learning

LEARNING AT IOWA

learning.uiowa.edu
Thinking about thinking is important for monitoring progress and realizing when something is still unclear.

**Metacognitive Strategies for Language Learning**

- Help students figure out their strengths and weaknesses
  - "Which areas do you think you need the most help on?"

- Help them identify appropriate learning goals
  - If they say "everything," redirect to a specific and attainable goal.

- Help them figure out how to monitor their progress
  - Suggest the memory learning strategies (self-quizzing) and regular checkins with you.

- Ask them to honestly evaluate their performance
  - By monitoring, they will hopefully begin to notice errors and self-correct.

- Reflect with them on what did and did not work and make a learning strategy plan; revise when necessary.
To learn more effectively, and make learning "stick," students can use evidence-based memory strategies.

**Memory**

**Spaced repetition:** spacing out practice sessions rather than cramming.

**Retrieval:** constantly quizzing yourself, especially on harder to learn items.

**Interleaving:** go back and forth between skills (vocabulary-grammar-culture)

Within 7 days, we forget everything that we've learned. There are three strategies to work against forgetting:

- Spaced repetition: spacing out practice sessions rather than cramming.
- Retrieval: constantly quizzing yourself, especially on harder to learn items.
- Interleaving: go back and forth between skills (vocabulary-grammar-culture)