

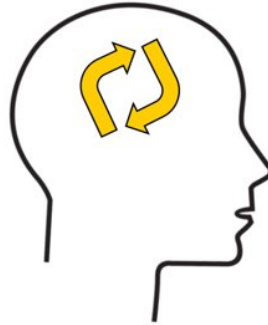
# HELPING TUTEES LEARN BETTER WITH THREE M LEARNING STRATEGIES

## 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.**



# Promoting the 3Ms in tutoring sessions

# Mindset

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

## Fixed Mindset

The belief that language learning is the kind of thing you're either good at or you aren't.

- *"I'm not even good with my native language."*
- *"I just don't have the knack for learning languages."*
- *"It's soooo hard."*
- *"I'm good with grammar but bad with speaking."*

## Growth Mindset

The belief that one can learn any language with the right amount of effort and practice. Tell them:

- *"Maybe you're not where you want to be ...yet... but you can get there!"*
- *"I struggled so much with speaking/writing when I was learning this language."*
- *"It's great that you're good in grammar! Let's set goals to practice more on other areas."*



# Promoting the 3Ms in tutoring sessions

# Metacognition

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

## Metacognitive Strategies for Language Learning

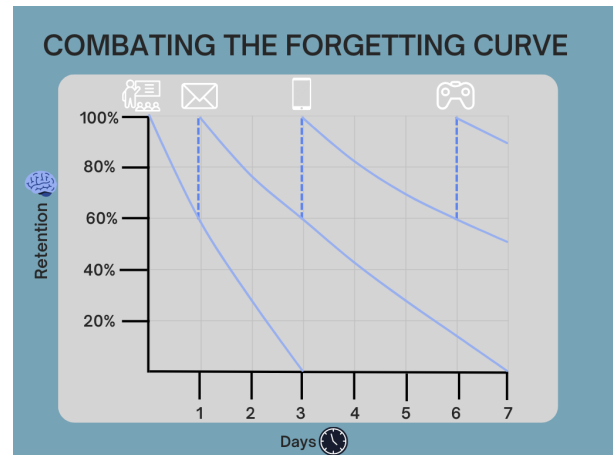
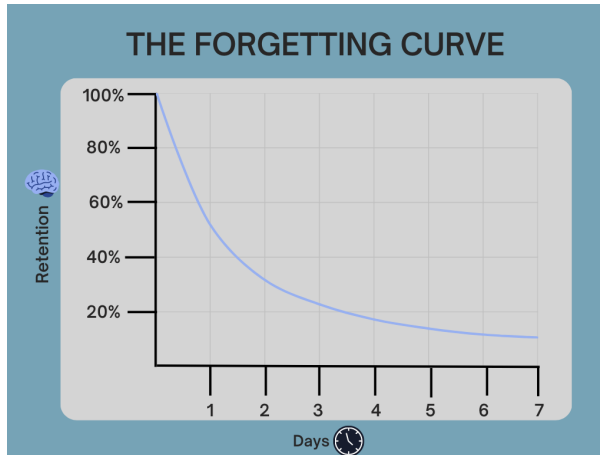
- **Help students figure out their strengths and weaknesses**
  - "Which areas do you think you need the most help on?"
- **Help them identify appropriate learning goals**
  - If they say "everything," redirect to a specific and attainable goal.
- **Help them figure out how to monitor their progress**
  - 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.**



# Promoting the 3Ms in tutoring sessions

## Memory

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



**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)

