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# **Learning How to Learn: Tips for Talking with Residents**

**Resident Assistant Training**

**August 2024**

# Introductions

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**Anat Levtov**

Program Manager, Learning at Iowa



# Introductions

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## Brigitte Ledferd

Graduate Intern, Learning at Iowa & Academic Support & Retention



# Introductions

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## Katie Aranda

Assistant Director for Strategic Priorities, Academic Support & Retention



# Today's Agenda



**Let's Do Some  
Reflection!**



**Let's Get  
Practical!**



**Let's Apply it!**

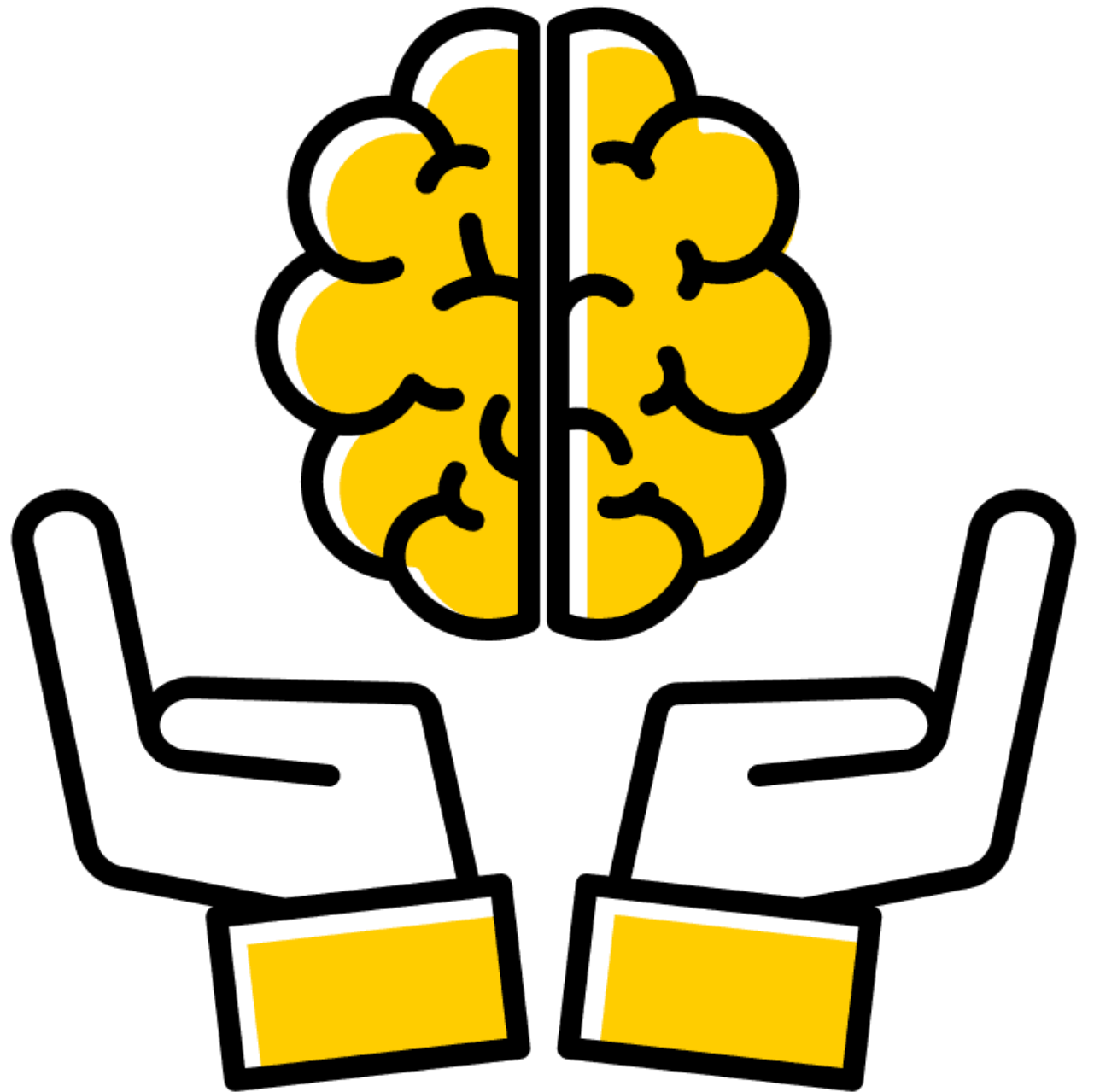


**Let's Wrap it Up!**

# Let's Reflect!

1. What academic struggles have you dealt with in college?

2. What have you heard your residents struggle with?



# First Semester Experience

Average HS  
GPA of new  
UI students:

**3.83**

Average UI  
GPA after  
Fall '23:

**3.31**

Expectation vs.  
Actual GPA:

<b>Lower than expected:</b>	<b>55.3%</b>
Met expectation:	18.3%
Exceeded expectation	26.4%

# You Have So Much Influence

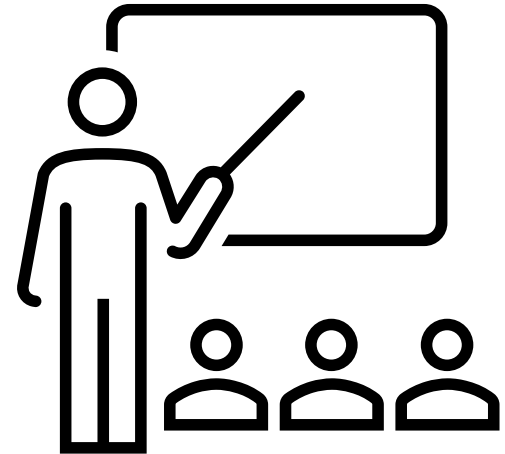
**The opportunity to  
be impactful**



**You won't always  
know the answer**



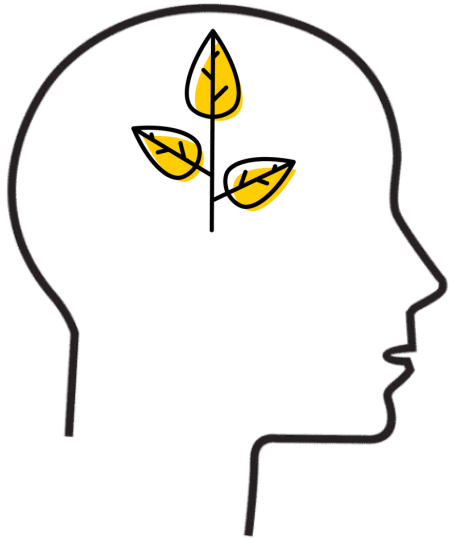
**You are developing  
expertise**





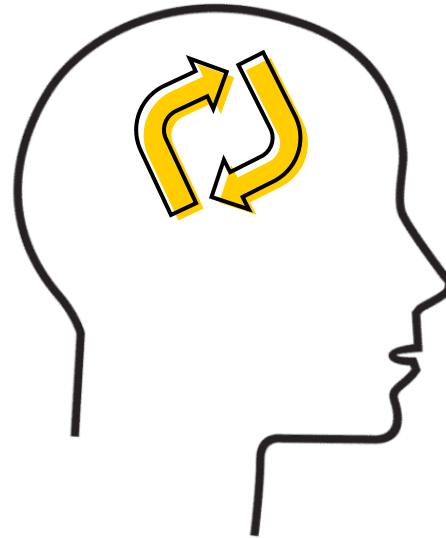
# Three Ms for Effective Learning

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## Mindset

*Know that you can learn*



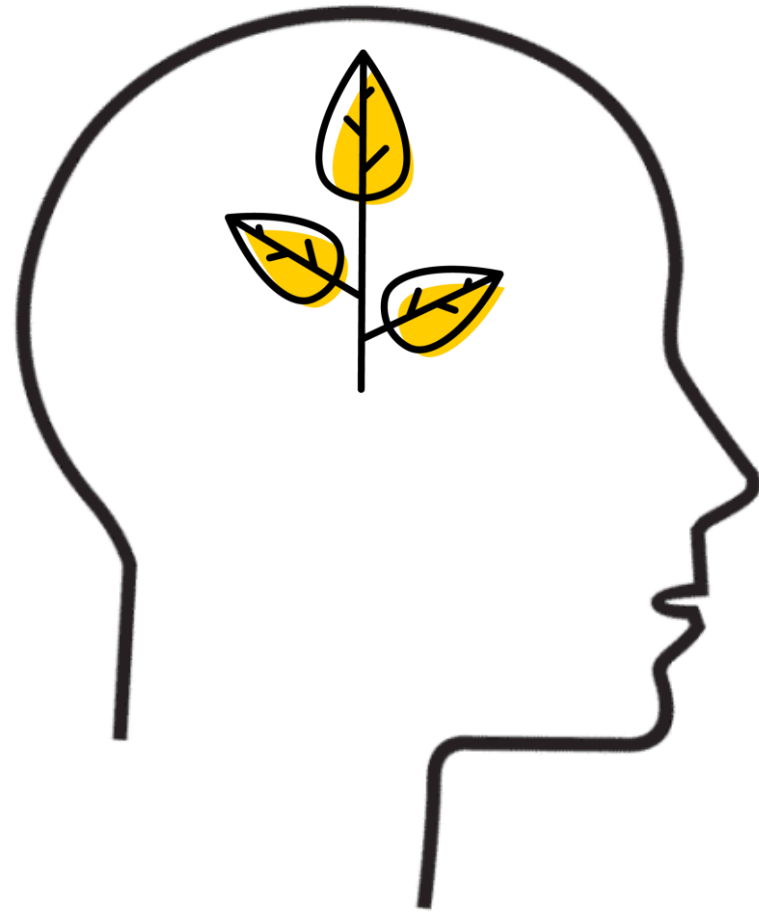
## Metacognition

*Track your learning and struggles*



## Memory

*Use effective learning methods*



# Mindset

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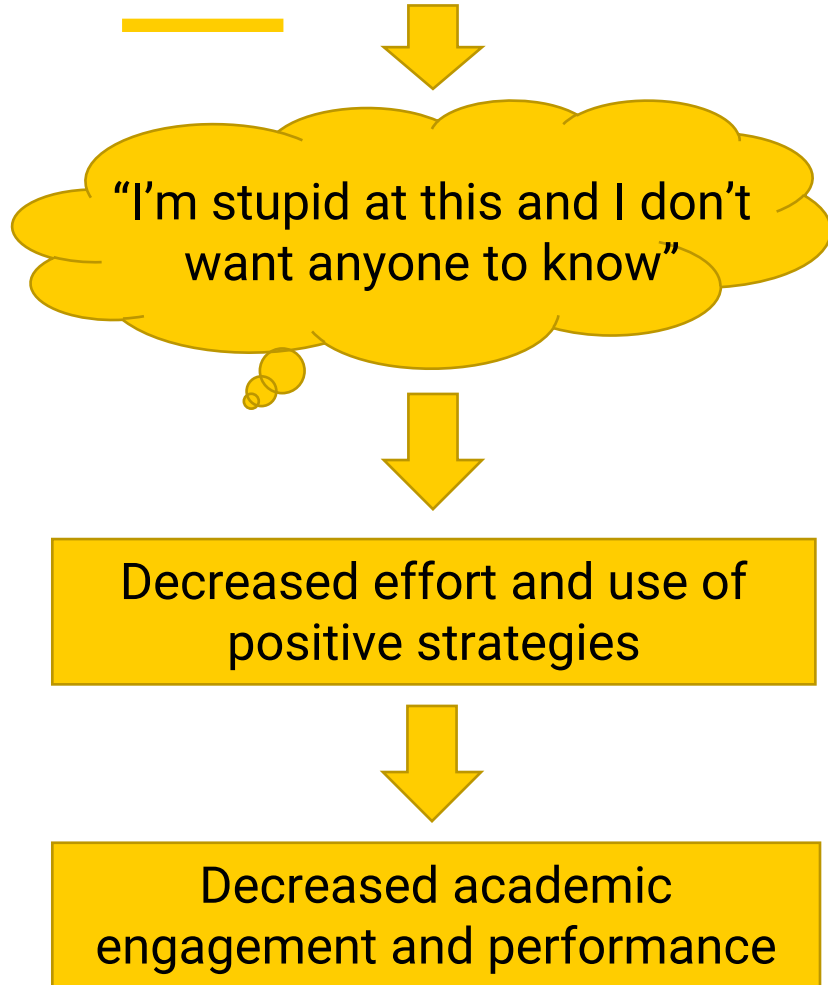
“My professor ripped apart my paper. I just must not be a good writer. I don’t even want to try anymore.”

**What do you think this student is feeling right now?**

**What specifically are they struggling with?**

# Let's Break it Down!

***Student with a fixed mindset***

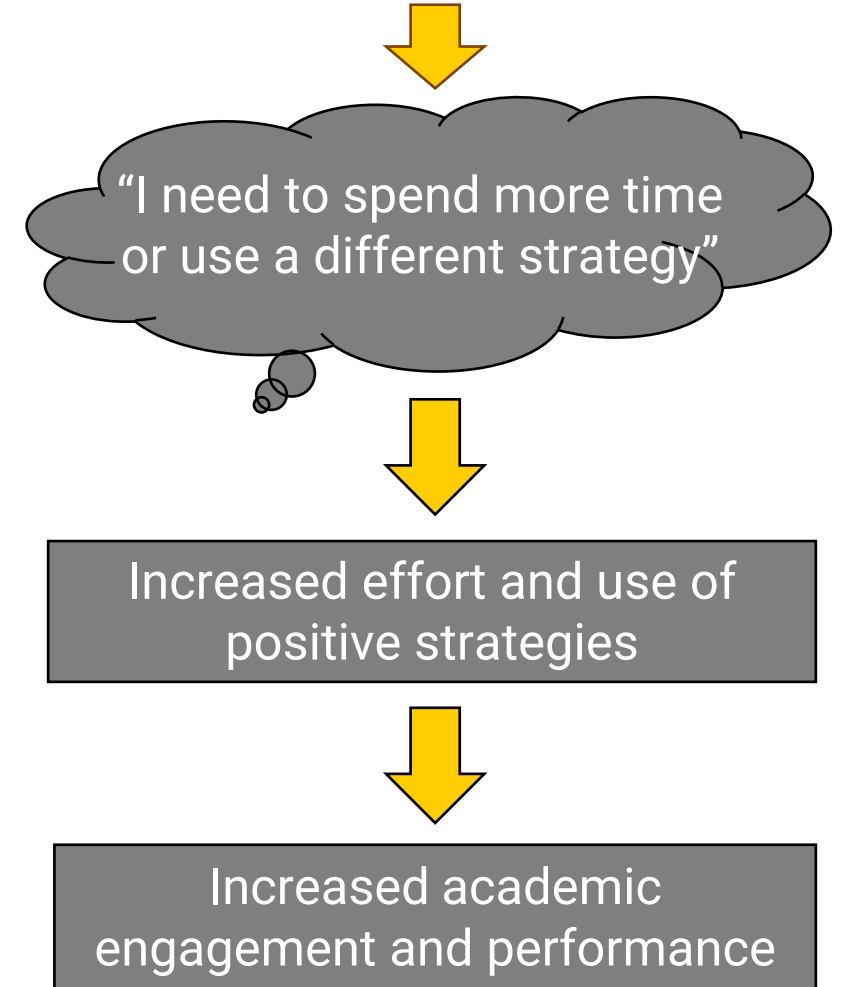


***Psychological interpretation***

***Behavioral response***

***Academic outcome***

***Student with a growth mindset***



# Let's Try it Out!

“Brigitte got a 95 on the exam, she must just be a statistics genius.”

**What about this situation is within the students control?**

**What would you recommend they do moving forward?**

# Let's Break it Down!

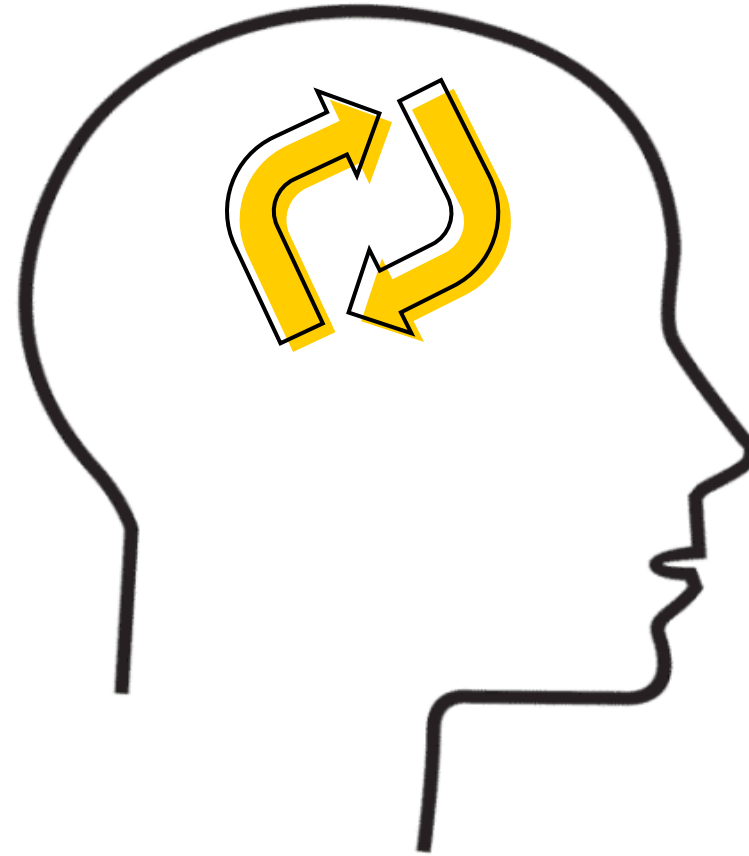
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## The Work Behind the Curtains



## The Power of Effort



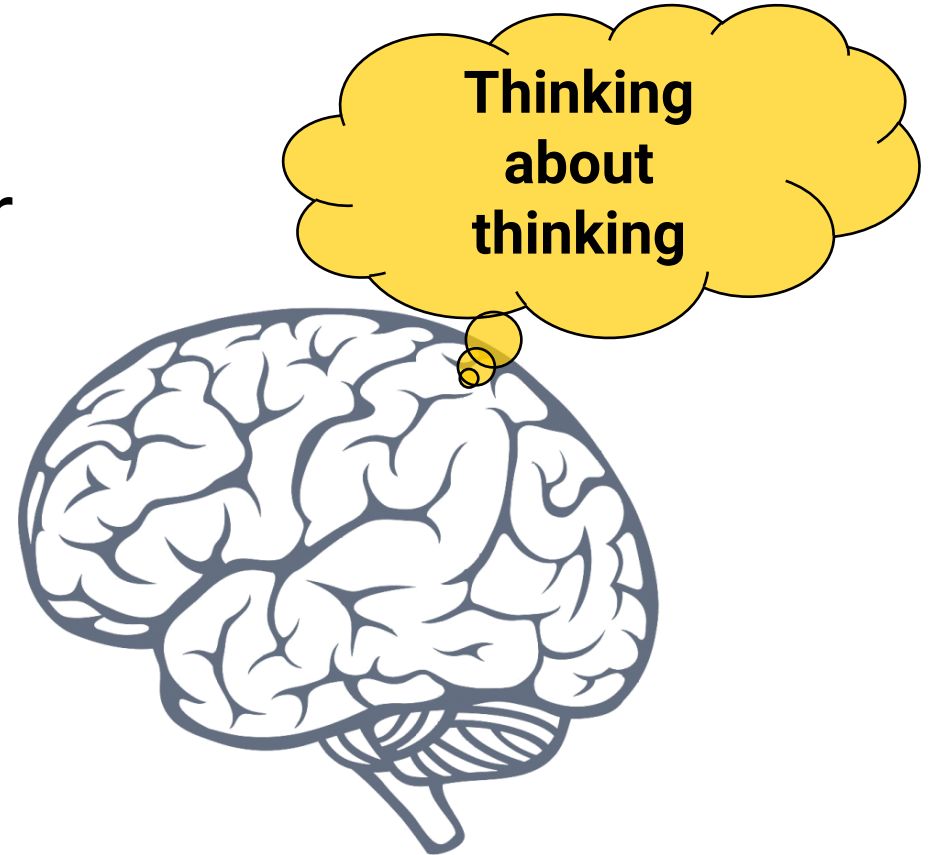


# Metacognition

# Metacognition

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- **Intentionally** thinking about your own thinking
- Effective learning requires **reflecting on, directing, and controlling** thinking.





# Elements of Metacognition

## 1. Planning

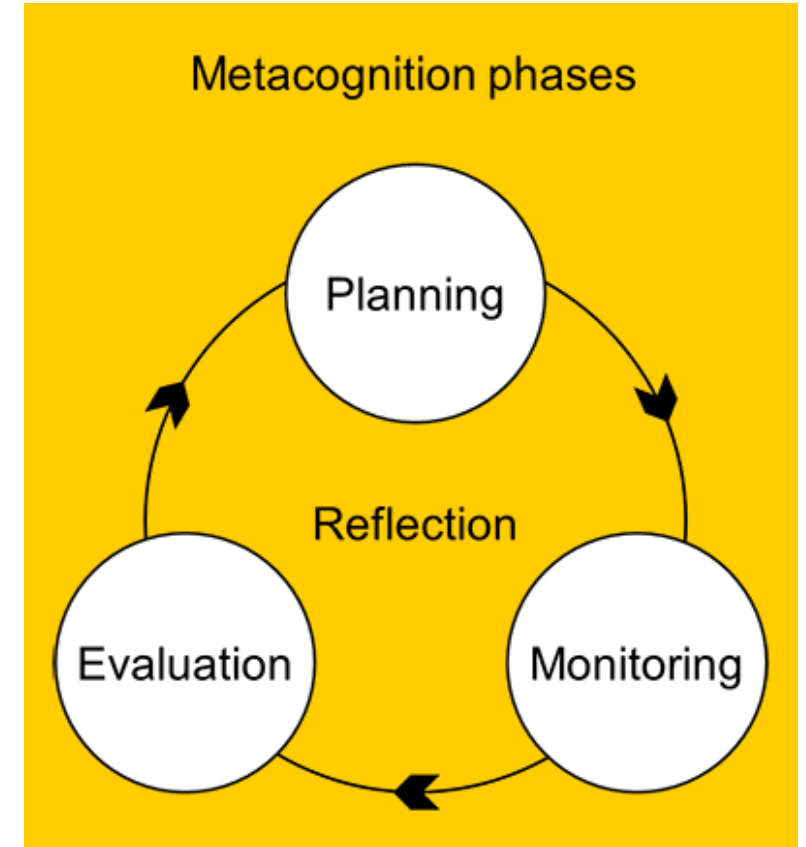
–Intentionally identify best strategies and approach

## 2. Monitoring

–In-the-moment awareness of how you're doing

## 3. Evaluating

–Review how effective and/or helpful your approach was  
–Create actionable recommendations for the future



## Planning

–Intentionally identify best strategies and approach

“I have a huge assignment due Tuesday that I haven’t even started. I’m so anxious but I feel so overwhelmed!”

**What do you think this student is feeling right now?**

**What specifically are they struggling with?**

# Let's Get Practical!

## Two-Minute Commitment

- Get in a position, with the materials you'd need to work on things
- Tell yourself you only have to work for **two** minutes

## Get Specific!

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### Procrastination

**What's Stressing Me Out?**

- When a task seems overwhelming, complex, or nerve-racking
  - We procrastinate to avoid the negative feelings we assume we'll experience

**When is it due?**

**How many days until then?**

**REMEMBER**  
You can't get everything done all at once!

**LET'S GET PRACTICAL!**

**What am I procrastinating?**

**What specifically overwhelms me or makes me want to avoid it?**

Have I read the directions? Yes | No

Do I understand what the task is asking of me? Yes | No

**If No, who could I ask for clarification?**

## The Power Hour

- Make a list of what you could reasonably get done in 45 minutes
- Turn off all distractions
- Concentrate for 45 minutes
- Take a 15-minute break
- Repeat, Repeat, Repeat

# Let's Try it Out!

## Planning

–Intentionally identify best strategies and approach

“It’s only midterms and I have no clue how I’m going to finish this semester. I’m SO tired.”

**What about this situation is within the students control?**

**What would you recommend they do moving forward?**

# Let's Get Practical!

Context Matters!  
Prioritizing Self-Care  
Seeking Support



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## Motivation

Remember why you're here!

Why did I choose Iowa?

What brings me joy?

What are my goals?

Who brings me joy?

Am I happy with how often I do the things that bring me joy?

How could I do them more?

Yes No

# Learning How to Learn

*Would you say that you study the way you do because a teacher (or teachers) taught you to study that way?*

Kornell & Bjork (2007)

**80% No**  
**20% Yes**

Morehead et al. (2016)

**64% No**  
**36% Yes**

n=1097, Fall 2018-Fall 2023

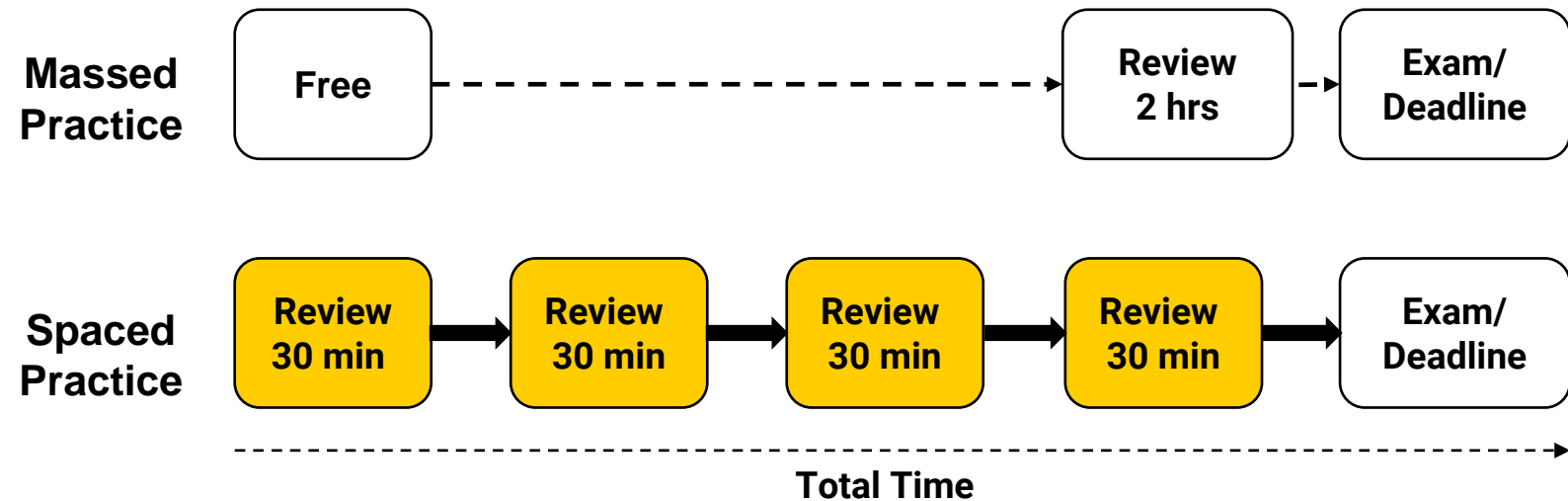
**62.5% No**  
**37.5% Yes**



# Memory

# Spacing

- Revisiting material in multiple, short (30-60 mins) sessions
- Allows you to elaborate and form connections
- Combats the natural forgetting curve





# Self-Testing

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## Testing Yourself

- Flashcards/Quizlet and practice tests
- Commit to an answer before looking at it

## Explaining the material in your own words

- Rewrite concept without looking at your notes
- Teach it to a friend, classmate, or pet

# Let's Try it Out!

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You walk out of your dorm room to see one of your residents throw their textbooks on the ground and kick it.





# Use Your Resources

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- Tutor Iowa
- Campus Help Centers
- Tutor Iowa Worksheets
- Learning at Iowa flashcards

and more online →



[learning.uiowa.edu/RAs](https://learning.uiowa.edu/RAs)

# Be a Resource!

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- Bulletin Boards
- Hawk Talks
- Floor Meeting #2
- Dining Hall Finals table tents
- Llamas & Learning!



**IOWA**

Learning at Iowa

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**Questions?**

→ [learning.uiowa.edu](https://learning.uiowa.edu)