Learning
to learn
for IVET
teachers
and
trainers

**ERASMUS+ PROGRAMME - KA2 COOPERATION PARTNERSHIP PROJECT
n°2023-1-IT01-KA220-VET-000156675 - Learn to Learn competence for IVET
trainers/teachers**

Training module

**STYLES, BELIEFS, DISPOSITIONS AND EMOTIONS IN LEARNING PROCESS:
theoretical and practical materials**

Prepared by: SPOK

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Online Selfstudy-Course: "Understanding General Learning Processes: Motivation and Strategies for Successful Learning."

This course introduces easy-to-understand tips and theories about general learning processes and learning motivation. It also covers strategies that help you to be more effective in learning (and teaching). The goal is to provide knowledge that participants can use to improve their learning skills and understand how other learners, for example students and apprentices, function in their learning processes. It combines a balance of theoretical concepts, practical exercises, and reflective activities, making it an engaging self-study experience. Hint: You need an internet connection. All YouTube-videos are in English but have subtitles!

Learning Outcomes

By the end of this course (approx. 3,5 to 4 hours of duration), you will be able to:

1. Describe basic theories of learning processes.

2. Understand factors that affect learning motivation.

3. Apply strategies to enhance learning success.

4. Reflect on your own learning behaviors

Module 1: Introduction to Learning Processes (60 minutes)

Objectives:

- Understand the basics of how people learn.

- Identify different types of learning processes.

Steps:

1. Reading Material (20 minutes): Introduction to general learning processes, including:

- Key Concepts: Cognitive, behavioral, and other approaches to learning.

- Basic Learning Processes: Attention, retention, reproduction, and motivation.

Link: Simply Psychology - Learning Theory https://www.simplypsychology.org/learning.html

2. Video (10 minutes): Overview of how learning occurs. Focus on cognitive processes like memory, understanding, and recall.

Video Link: CrashCourse - How We Learn: https://www.youtube.com/watch?v=wlaG99awCD8

3. *Activity (30 minutes):* Learn about how to create a mind map of your learning processes. Learn about the possibilities using online tools like MindMeister or Miro and how it works. Try it out if you like!

Video Tool Link: MindMeister - Mind Mapping Tutorial:
https://www.youtube.com/results?search_query=mindmeister+tutorial

Video Tool Link: Miro – Tutorial /Webinar:

https://www.youtube.com/watch?v=mNNPchRnDp8

Module 2: Theories of Learning Awareness and Motivation (75 minutes)

Objectives:

- Learn about theories that explain why people are motivated to learn.

- Understand how awareness and motivation affects learning outcomes.

Steps:

1. Reading Material (60 minutes):

Learning is a continuous process that extends beyond formal education. It is the foundation of personal growth and development, shaping how individuals perceive the world, solve problems, and acquire new skills. Learning awareness, or metacognition, refers to an individual's understanding and control of their own learning process. This concept encourages learners to recognize how they learn, monitor their progress, and adapt strategies for more effective learning. It empowers individuals to become active participants in their education, leading to deeper comprehension and long-term retention of knowledge.

One critical aspect of learning awareness is self-awareness, which is the ability to reflect on one's thoughts, feelings, and behaviors. In the context of learning, self-awareness involves recognizing one's strengths, weaknesses, and preferred learning styles. When learners are self-aware, they can identify what helps or hinders their progress and make adjustments accordingly. For example, a student who knows they struggle with time management can develop strategies to structure study sessions more effectively.

The importance of self-awareness in learning cannot be overstated. Self-aware learners are more likely to set realistic goals, seek help when needed, and maintain motivation. They are also better equipped to manage stress and overcome challenges. Furthermore, self-awareness fosters a growth mindset, the belief that abilities can be developed through effort and practice, which is essential for achieving long-term success in learning.

In conclusion, learning awareness and self-awareness are key to becoming an effective learner. By reflecting on their learning habits, individuals can enhance their ability to acquire new knowledge, adapt to changing circumstances, and ultimately reach their full potential. These skills are not only

valuable in academic settings but also in everyday life, contributing to personal and professional development.

Read further online texts:

Verywell Mind - What Is Motivation?

Link: https://www.verywellmind.com/what-is-motivation-2795378 (By Kendra Cherry, MSEd. Kendra Cherry is a psychosocial rehabilitation specialist, psychology educator, and author of the "Everything Psychology Book.", Updated on May 03, 2023

Education Corner - Theories of Motivation

Link https://www.educationcorner.com/motivation-in-education/ (by Mr. Becton Loveless, Updated: April 13, 2023

2. Reflection Task (15 minutes): Answer the question below and reflect upon your own learning type. Question: Which learning type do you think applies best to you and why?

A. Visual Learners: Prefer to see and visualize information. They learn best through images, diagrams, charts, videos, and written directions.
B. Auditory Learners: Learn best through listening. They prefer spoken instructions, lectures, discussions, and audio materials.
C. Read/Write Learners: Prefer reading and writing as their primary mode of learning. They excel with text-based input and output.
D. Kinesthetic Learners: Prefer a hands-on approach to learning. They learn best by doing, moving, and engaging in physical activities.
E. Logical (Mathematical) Learners: Prefer logical reasoning, systems, and patterns. They excel at analyzing data, working with numbers, and seeing relationships between concepts.
F. Social (Interpersonal) Learners: Learn best through group interactions, discussions, and collaboration with others.

These common types provide a framework for understanding your individual learning preferences, which can help in tailoring educational strategies to maximize learning effectiveness. (Many people may have a combination of these learning styles, rather than fitting neatly into just one category.)

Module 3: Strategies for Successful Learning (55 minutes)

Objectives:

- Explore effective strategies that support successful learning.

- Learn how to apply these strategies in different contexts.

Steps:

1. Video (5 minutes): Explanation of key strategies for successful learning:

Video Link: TED-Ed - How to Study Effectively: https://www.youtube.com/watch?v=p60rN9JEapg

2. Reading Material (30 minutes): A guide on practical learning strategies.

Go to the Webpage „Learning Scientists – Study Tips: Six strategies for effective learning" using the link: https://www.learningscientists.org/downloadable-materials. Examine the graphs and download suitable information if needed. Learn more through their video channel at Youtube: https://www.youtube.com/channel/UCjbAmxL6GZXiaoXuNE7cIYg/videos

3. Activity (20 minutes): After finishing step 2, practice applying these strategies to a topic of your choice:

- Create a study plan using spaced repetition.

- Summarize an article using retrieval practice.

- Use dual coding (for example a sketch, a timeline, etc.) to combine words and visuals on a free topic.

Modul 4. Finish and reflection(20 minutes)

Objective:

After finishing this course, please review the course and write down your biggest takeaway. Possible areas of interest may be:

- Which learning strategy do you plan to adopt after finishing this course?

- What motivates you most when you are learning?

- What motivates you when you are teaching?

- If needed - provide constructive feedback to the project team: mlandgren@bildungsmarkt.org