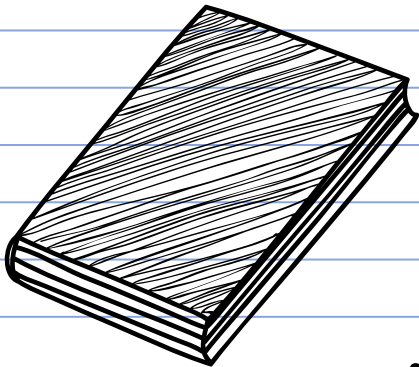


# From hard work to smart work: Transforming how you study

M56-A-U4





# Introduction-Preview

01

**Main point #1**

Incorrect learning  
methods

02

**Main point #2**

Smarting learning

03

**Main point #3**

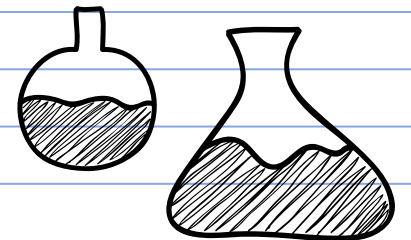
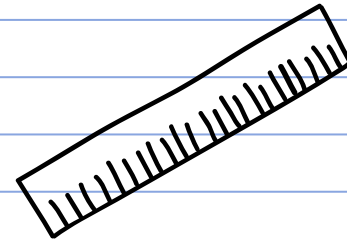
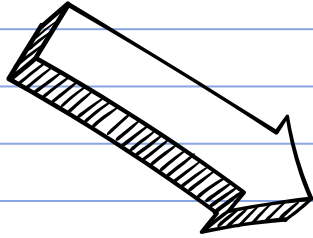
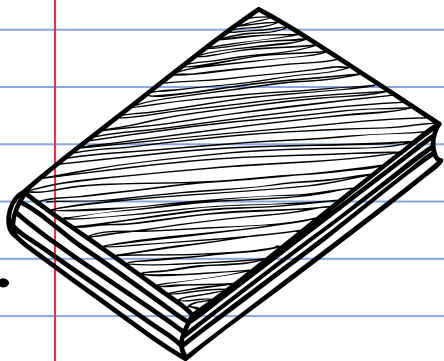
Practical teaching  
examples



01

# Main point #1

Incorrect learning methods



# Have you ever studied like this?



## Taking note

copying the teacher's  
PPT or what the  
teacher said.



## Write exercise

doing exercises  
without correcting  
or reviewing.



## Reduce sleep

staying up late  
studying.



# Why do students study like that?

01

Comfort and Familiarity

02

Avoidance of Effort

04

Too lazy to review

03

Instant Gratification

05

Fewer Distractions

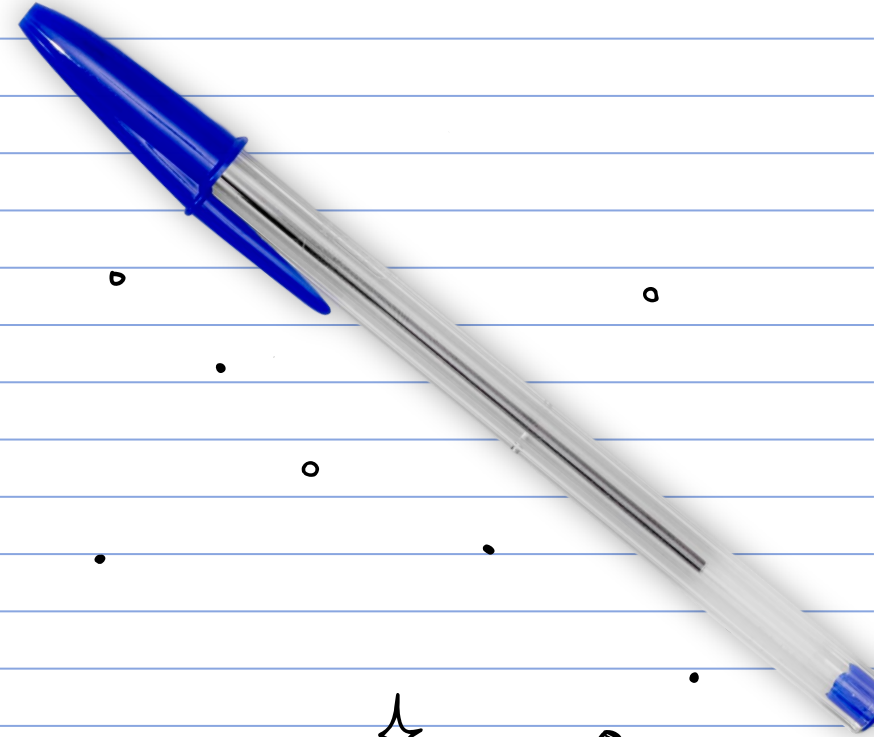
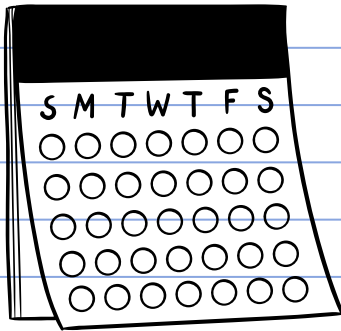


# 02

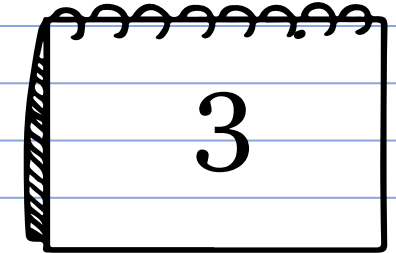
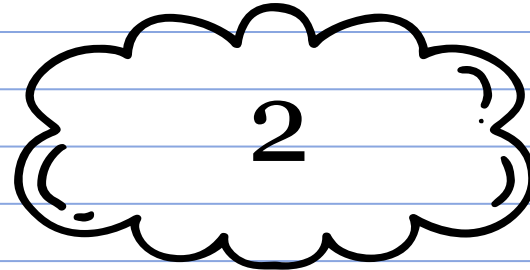
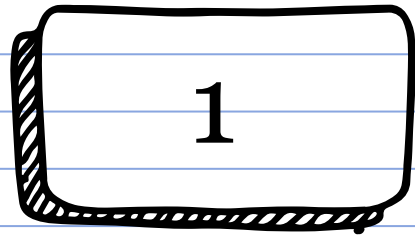
## Main point #2

Smarter learning

- evidence-based learning strategies



# learning strategies



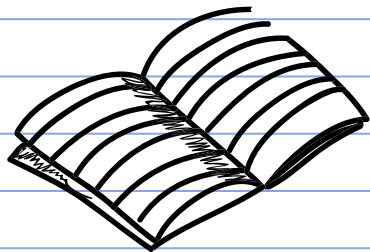
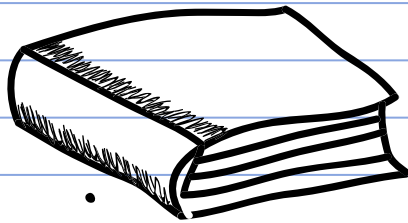
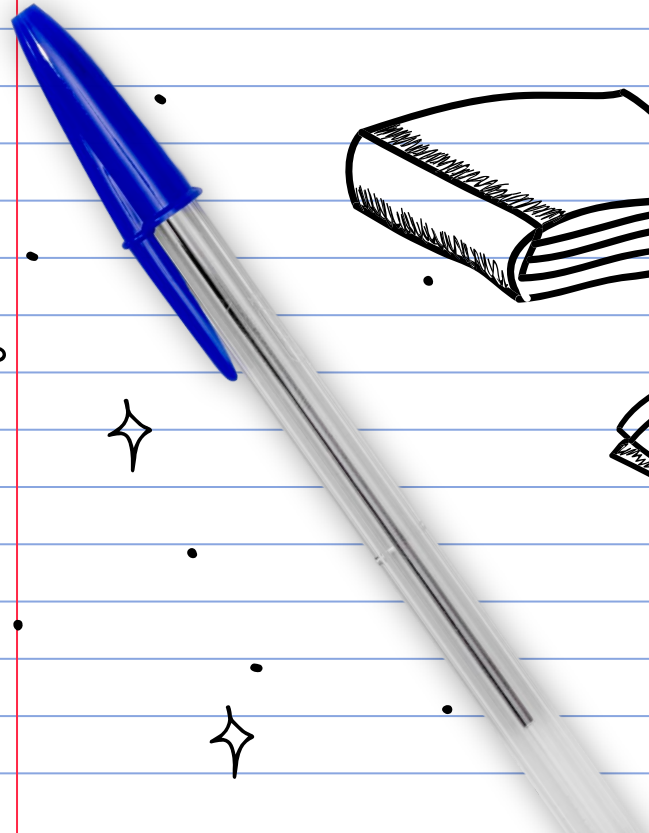
Spaced repetition  
& Active recall

Elaborative  
encoding

Interleaving  
practice



# Spaced repetition & Active recall

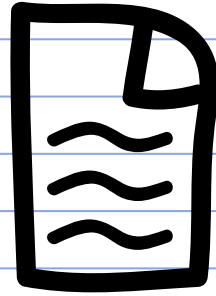


- Review information over time, not all at once.
- Test yourself instead of rereading notes.
- Forcing the brain to pull information out of memory.

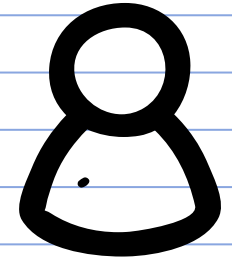
# Examples



**Flashcards**



**Practice quizzes**



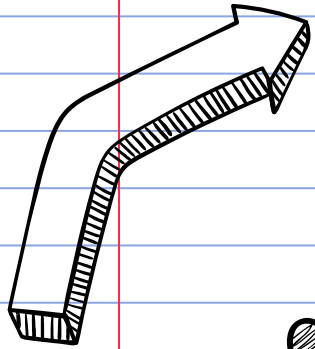
**Explaining  
concepts to others**

# Why It Works

- Strengthen memory through repeated extraction to combat the forgetting curve.
- Each interval review interrupts the forgetting process, reinforcing the memory and making it last longer

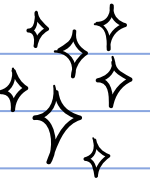
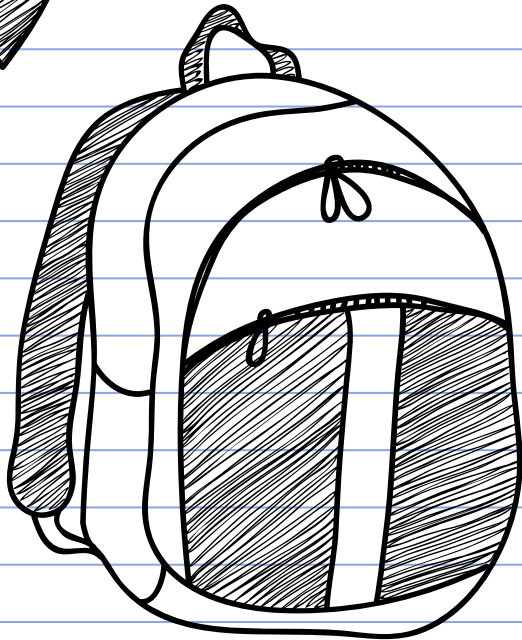
Typical Forgetting Curve for Newly Learned Information



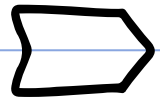


# Elaborative encoding

- Connect new information to prior knowledge.
- Add meaning, examples, or personal explanations.
- Focus on understanding, not memorization.



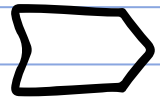
# Examples



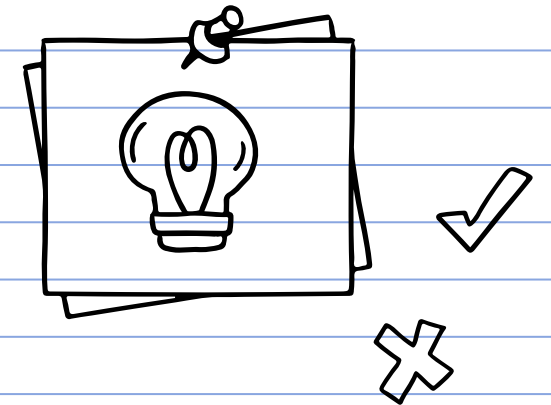
Explaining ideas in your own words



Linking concepts to real-life situations



Comparing similarities and differences



# Interleaving practice

- Mix different topics or problem types.

Study Schedule

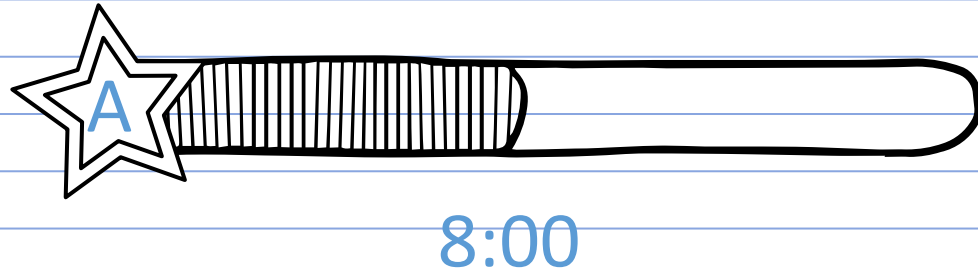
- Avoid studying only one topic for a long time.

- Improves problem-solving and transfer skills.

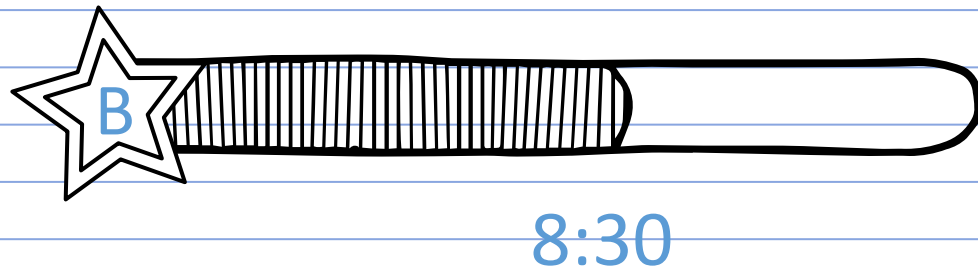
- English
- History
- Chinese
- Math
- Geography



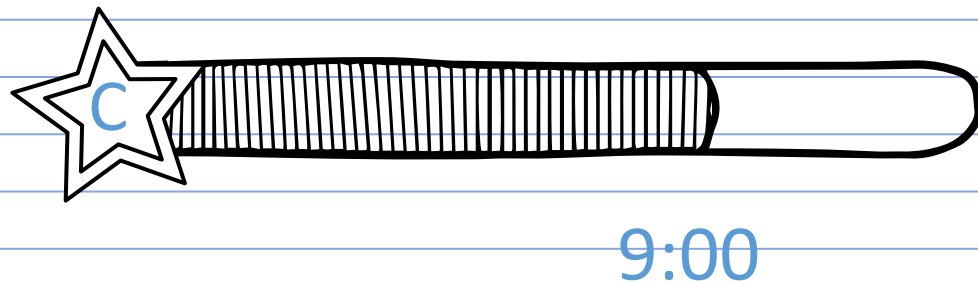
# Examples



Mixing math problem types.



Studying different subjects in one session.




Comparing multiple concepts together.

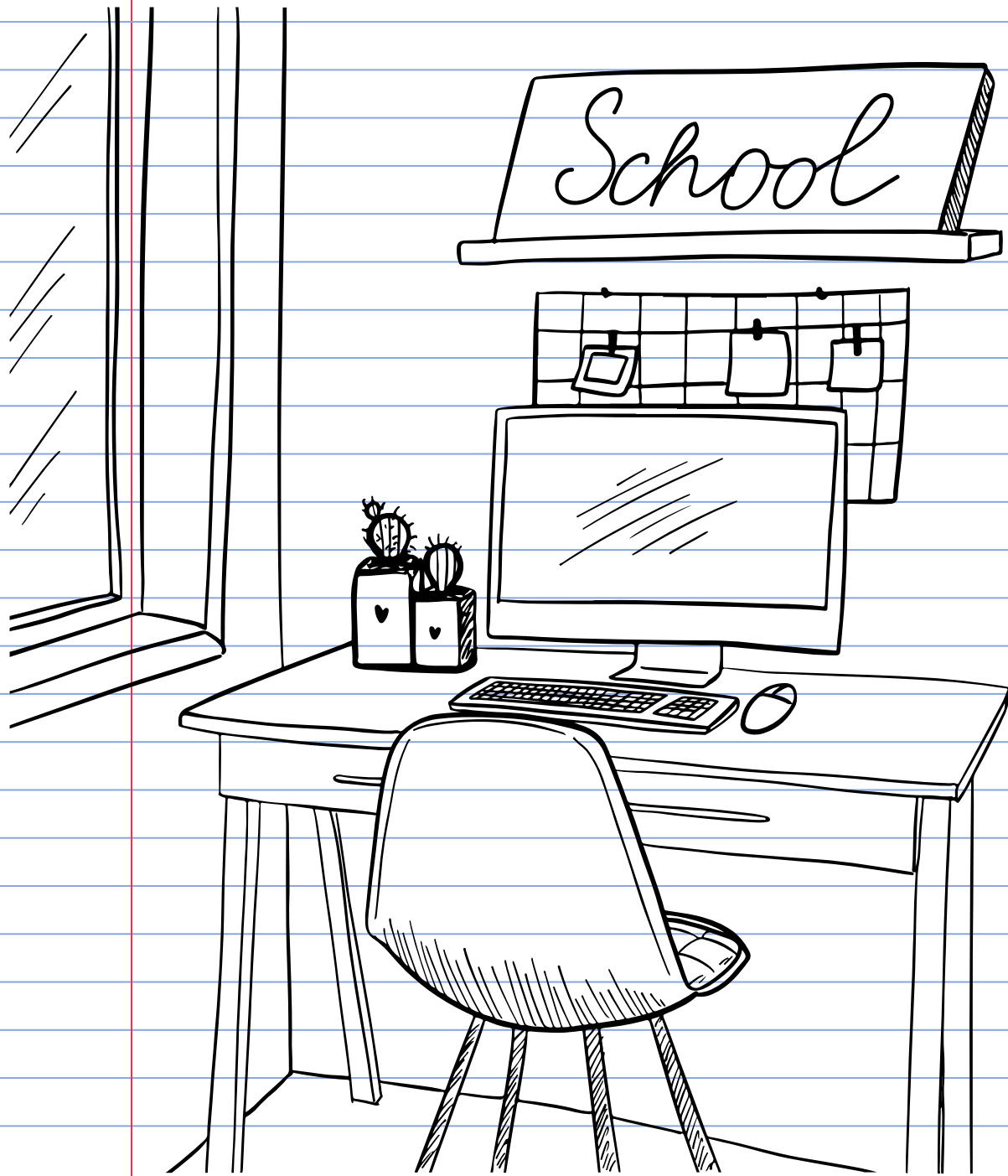


# Why These Strategies Work

- ★ Encourage active thinking
- ★ Improve long-term retention
- ★ Save time in the long run

➡ Studying smarter is not easier—but it is more effective.





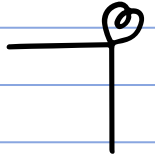
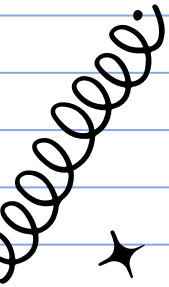
03

Main point #3

practical teaching examples

# Case Method Teaching

- What is the Case Method?
- Applications in Law and Business Studies



# Question Help Encoding

\* Writing Essay Question

\* Critical Reading, But not Limited to Reading

# Example of Interleaving Practice

- Baseball Study in "Cal Poly" (California Polytechnic State University)
- The Benefits of Interleaving Practice

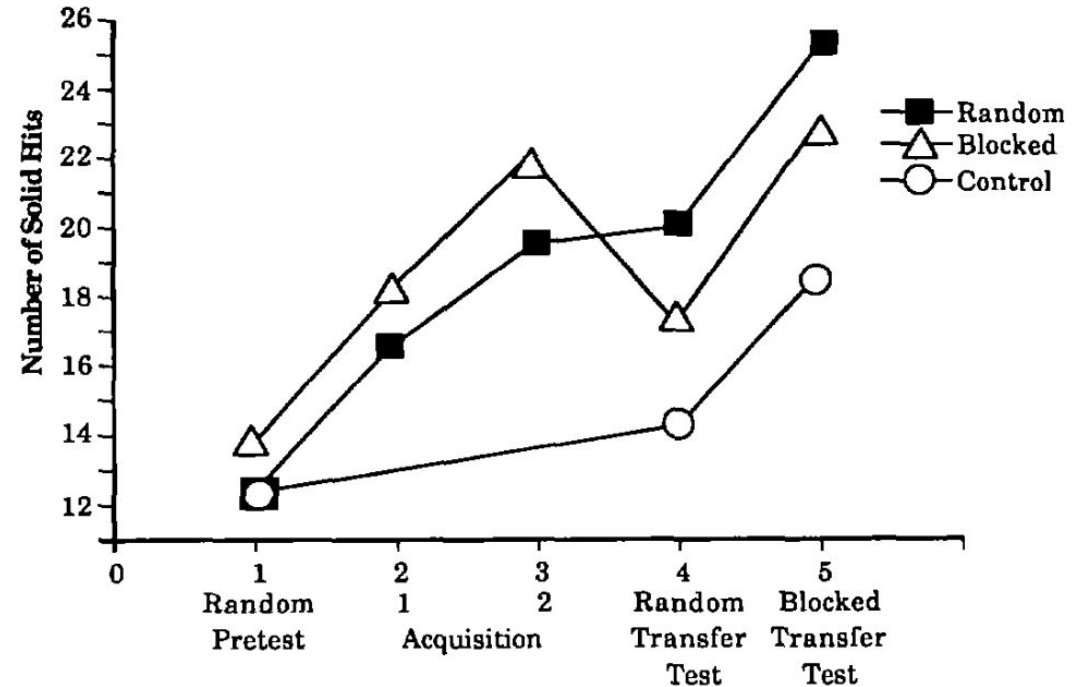


FIG. 1. Mean number of solid hits (per 45 pitches) for each condition

1. Hall, K. G., Domingues, D. A., & Cavazos, R. (1994). Contextual interference effects with skilled baseball players. *Perceptual and Motor Skills*, 78(3), 838.

# Conclusion

main idea1 :traditional learning methods have many error

main idea2: new learning method remove rote memorization, incorporates critical thinking.

main idea3: it's combining with scientific methods, make study more efficient

# Q&A Session

• Q1: Why students like passive learning? (Give two reasons)

• A1: Comfort and Familiarity, Avoidance of Effort, Instant Gratification, Too Lazy to Review and Fewer Distractions

• Q2: What is the method that reviews information over time to strengthen memory?

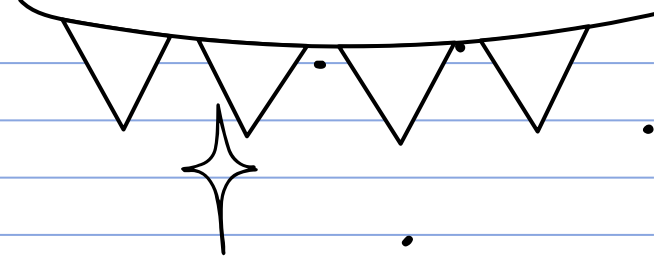
• A2: Spaced repetition

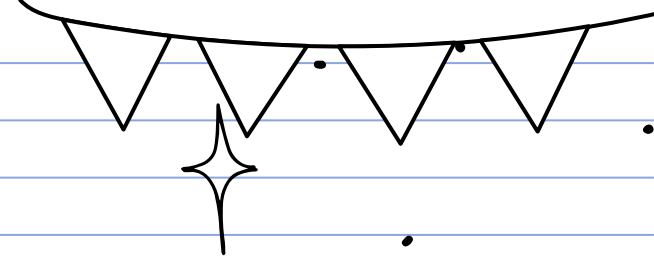
# Q&A Session

- Q3: What effects does the Case Method have?
- A3: It helps students comprehend and memorize, encourages active recall, and forces them to decide what they agree with on their own

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# Works schedule

Jane	Main point #1
Yuki	Main point #2 , Composition
Patrick	Main point #3
Cindy	Introduction & Conclusion