Human Learning

- Behaviorist views of learning
- Social cognitive theory – Cognitive views of learning
- Learning and the brain

Metacognition
Being aware – memory capabilities, learning tasks can realistically be accomplished

Knowing which learning strategies

Planning an approach to a learning tasks

Using effective learning strategies

Monitoring one’s present knowledge

Knowing effective strategies

Metacognitive knowledge and skills
Self Regulated Learning

- Goal Setting
- Planning
- Self motivation
- Attention control
- Application of learning strategies
- Self monitoring
- Self evaluation
- Self reflection
## Effective Learning and Study Strategies

- Meaningful learning and elaboration
- Organization
- Note taking
- Identifying important information
- Summarizing
- Comprehension monitoring
- Mnemonics
## Development of Metacognitive Knowledge and Skills

- Become increasingly aware of the nature of thinking
- Become increasingly realistic about their memory capabilities and limitations
- Increasingly become aware of and use effective learning and memory strategies