



Let's Improve our Study Habits, Learning Styles, and Growth Mindset!

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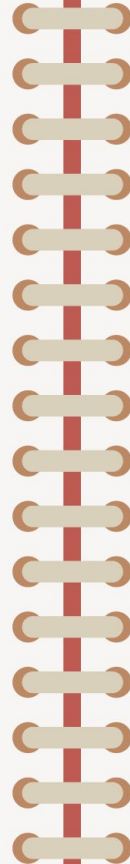
Topics Covered

- How do I study?
- Why is it important to find how you like to study?
- Basic studying skills
- What kind of learning style do I have?
- What are tips for each learning style?
- Don't forget your mental health is important!
- What is a Growth Mindset? What is a Fixed Mindset?
- What are examples of Growth and Fixed Mindsets?

My Purpose!



- The reason I chose to cover these 3 topics is because when I was a freshman and discovered my studying habits and learning style, it helped me greatly improve as a student



- Also a growth mindset is something that is passionate to me because I believe it can truly change the way I feel.
- When I started using a growth mindset, my everyday life drastically changed because I finally started to find who I was, to love myself, and overall be a much happier person
- I really wanted my students to take away new habits, develop their learning style, and try to improve their mindsets!

How I prepared for my lesson...

To prepare for my lesson, there were a few outside sources I used to gain more knowledge on the topics and to overall better my lesson!

References:

- Big Life Journal- Fixed Mindset vs. Growth Mindset
<https://biglifejournal.com/blogs/blog/fixed-mindset-vs-growth-mindset-examples>
- Glossary- Growth Mindset Definition
<https://www.edglossary.org/growth-mindset/#::~:~:text=Students%20who%20embrace%20growth%20mindsets,improve%20their%20learning%20and%20skills>
- TED Talk- The Power Of Bliefe<https://www.youtube.com/watch?v=pN34FNbOKXc>
- Study Distractions Analysis Worksheet-
https://bb.cortland.edu/bbcswebdav/pid-1655327-dt-content-rid-16351930_1/courses/2021Fall-CPV400-533/StudyDistractionsAnalysis.pdf
- Education Planner- What's Your Learning Style?
<http://www.educationplanner.org/students/self-assessments/learning-styles-styles.shtml>

Why are these topics important to me?

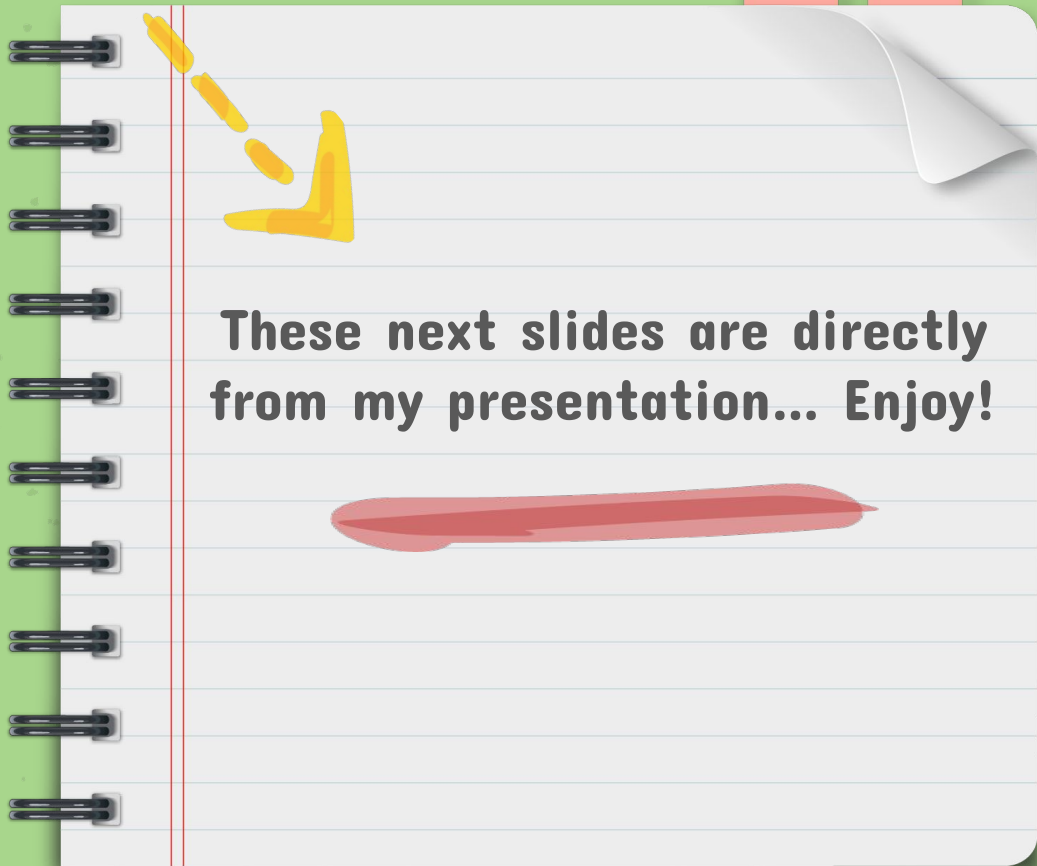
I believe that this lesson was important to give because the stress from school and grades is something that ALL students struggle with. When I was a freshman I struggled with these things

When a student learns how and where they like to study, this can help relieve stress. Knowing what type of learner the student is can help them better prepare for tests. ALL of these factors lead to a decrease in stress.

Also having a growth mindset about school or life in general makes you live a better life and can also lead to a decrease in stress.



So overall, these topics are so important to me because I want my students to be able to be as stress free as possible, so helping them discover there habits, learning style, and a growth mindset really helped them!



**These next slides are directly
from my presentation... Enjoy!**

Why it's important to find how you like to study

- In the beginning of freshman year, I was not doing very well in my math classes because I never knew how to study for my tests. I would just read over the notes and hope I did well
- Once you get in the 'groove' for how you like to study, it helps you feel more confident going in to your test days
- Help you get better test grades
- Help you better understand the class as a whole
- Makes your life easier
- Makes learning fun

Basic studying skills

- Pay attention in class
- Put your phone away
- Don't skip class and be on time
- Stay on task
- Keep organized notebooks for each class
- Use a planner or agenda
- Plan time in your week to study and do work
- DO NOT cram your work
- Go through each syllabus and write everything down in your planner
- Find where you like to study

Activity

Study Distractions Analysis

- Fill out this sheet to see where you study best
- Go around the room and share where you learn best
- <file:///Users/caseyjashembowski/Desktop/StudyDistractionsAnalysis-%20COR%20lesson%202%20.pdf>
- Note: In class I gave out the sheet physically

Learning Styles

Let's find others in the class who like to learn like you!

We have three main different types of learning styles:

- **Visual Learners**
- **Kinesthetic Learners**
- **Auditory Learners**

Let's go through what each means...

Visual Learners

- Learn through pictures or readings
- Memorizing things just by sight
- Highlight or underline words constantly
- Like using visual handouts
- Like to make lists

If you answered yes to most of these questions you are most likely a...

VISUAL LEARNER

Citation: <http://www.educationplanner.org/students/self-assessments/learning-styles-styles.shtml>

Kinesthetic Learners

- Learn by touching and doing hands-on activities
- Memorizing through physical activities
- You may often speak with your hands
- You need to take frequent breaks when studying
- Like to make things with your hands

If you answered yes to most of these questions you are most likely a ...

KINESTHETIC LEARNER

Citation: <http://www.educationplanner.org/students/self-assessments/learning-styles-styles.shtml>

Auditory Learners

- If you like to learn by listening or hearing to people talk
- Best memorize things when you just hear them
- “You store information by the way it sounds”
- You better understand spoken instructions
- You like to read your notes out loud

If you answered yes to most of these questions you are most likely a..

AUDITORY LEARNER

Citation: <http://www.educationplanner.org/students/self-assessments/learning-styles-styles.shtml>

Group Activity

- **Visual Learners:** meet on the left side of the room
- **Kinesthetic Learners:** meet in the middle of the room
- **Auditory Learners:** meet on the right side of the room

Discuss with your groups strategies you use while studying

- a. Do you use any strategies?
- b. How do you take notes during class?
- c. How do you best study?
- d. Where do you best study?
- e. Do you have any tips for your classmates?

WRITE DOWN AT LEAST THREE TIPS- Be prepared to share- some people may realize they belong in a different group!

Some tips for each type of learner

Visual learners- What else can we add?

- Sit near the front of the classroom
- Use flashcards
- Try to visualize things in your head
- Write down all your key ideas
- Draw pictures to help explain things
- Color code things
- Study by yourself

Citation: <http://www.educationplanner.org/students/self-assessments/learning-styles-styles.shtml>

Some tips for each type of learner

Kinesthetic learners- What else can we add?

- Do more hands-on activities
- Take notes
- Chew gum while studying
- Trace words with your fingers
- Take breaks
- You may need to be tapping a pencil
- Use flashcards and arrange them in groups based off of the ideas your studying

Citation: <http://www.educationplanner.org/students/self-assessments/learning-styles-styles.shtml>

Some tips for each type of learner

Auditory learners- What else can we add?

- Sit where you can hear
- Read flashcards outloud
- Read any assignment outloud
- Record yourself then listen back or even a class lecture
- Find a study buddy- you can discuss your notes

Citation: <http://www.educationplanner.org/students/self-assessments/learning-styles-styles.shtml>

Mental Health

Although studying for school is important, we cannot forget about our mental health

- Do not try and study when you are exhausted and have not had any food- you will be very miserable and not learn very well
- Get plenty of sleep
- Try and plan a time to exercise during your day- even if it is just for 30 minutes, it can really help your brain
- Plan time in your week to have "me time". This is where you can do anything that you want or have interest in
- This is why it is so important to be organized and understand yourself. So when you are ready to deal with schoolwork, you are not stressed out because you know what you have to do!

Growth vs. Fixed Mindset

What is a Growth Mindset?- the belief that we can learn more or become smarter if we work hard and put in our effort. Typically you will think that you can use your skills to gain more knowledge and become better at something

What is a Fixed Mindset?- the belief that your intelligence, talent, and other qualities are fixed and you cannot grow with them. Typically you think you will never be good at something and can't grow in any sort of area

Citations: <https://www.edglossary.org/growth-mindset/#:~:text=Students%20who%20embrace%20growth%20mindsets.improve%20their%20learning%20and%20skills.>
<https://biglifejournal.com/blogs/blog/fixed-mindset-vs-growth-mindset-examples#:~:text=A%20fixed%20mindset%20means%20you,developed%20with%20practice%20and%20effort.>

Some things you may say if you have a fixed mindset

- "I'm either good at something or I'm not"
- "I'm just not good at math"
- "I'm too shy to speak in front of the class"
- "I'm already a really good writer. I don't need to get any better"
- "People who are naturally smart don't need to try hard to succeed"
- "Successful people are lucky/talented and have never experienced failure"
- It can be really easy to develop a fixed mindset- especially as a math major
- Don't let yourself fall into the trap!

Citation: <https://biglifejournal.com/blogs/blog/fixed-mindset-vs-growth-mindset-examples>

Some things you may say if you have a growth mindset

- "I can improve my skills with effort and practice."
- "I appreciate when people give me feedback. It helps me learn and grow."
- "Math is challenging for me, but I know I can improve."
- "With practice, I can become more confident and improve my skills."
- "There's always room for improvement."
- "Other people's successes encourage and inspire me. They show me what is possible."
- "Failure is part of success. Most successful people have failed many times, but succeeded because they didn't quit."
- These sayings *are* the types of attitudes we *want* to develop!



TED Talk

**The Power of Belief- Mindset and
Success**

**[https://www.youtube.com/watch?v=pN
34FNbOKXc](https://www.youtube.com/watch?v=pN34FNbOKXc)**

Methods I used in my Lesson

- I first used the study distractions analysis sheet-

https://bb.cortland.edu/bbcswebdav/pid-1655327-dt-content-rid-16351930_1/courses/2021Fall-CPV400-533/StudyDistractionsAnalysis.pdf

I chose this because I like that it was a hands on activity. This helped the students see where they like to study best.

- I then made the students get into groups based off of learning styles and they discussed questions given. I chose this method because I liked giving the students time to talk to each other and not fully lecture. It was also nice for the students to talk about their learning styles, and learn something new or to try something new!
- I also used a TED talk to break up the time. A lot of students like to watch videos to take a break from a lesson.
- Reflect: I think all of the methods I chose were effective. Each student was able to do something different and interactive to help them learn.



Learning Objectives/ Outcomes



- From this lesson, I wanted my students to be able to learn new study habits, learn their learning style, and learn about a growth mindset
- I hope this lesson can lead to less stress in the future for them
- The goals of this lesson was for students to be able to identify new ways to study and learn, and to develop a growth mindset!

Assessment/ Feedback

To get feedback, my students filled out a microsoft form, here are some responses...

2. What are three different growth mindset sayings that you will use to help improve your growth mindset?

14 Responses

2	anonymous	"I can do better" "I can put in more effort" "There is always room for improvement"
3	anonymous	- Take frequent Breaks - Don't study when hungry or exhausted - Have a "me time" throughout the day
4	anonymous	"I will work harder for my next exam." "One test doesn't determine my grade, I will do better next time." "I will challenge myself to understand this math problem, no matter how long it takes."
5	anonymous	1. There is always room for improvements 2. It is okay to fail, it leads to success 3. I will do better next time
6	anonymous	"I can't do it, yet" "I can do it if I put the effort in" "I'm not good at it right now, but I can be"
7	anonymous	"I can't do yet". "Although math is very challenging for me right now, I know I can improve". "With practice and effort, I can become more confident and improve my skills".

Assessment/ Feedback Continued...

Here are some more answers!

3. What is a new tip that you learned today and that you will use, based off your learning style?

14 Responses

2	anonymous	Sometimes it is better to study with someone from class, to get a better understanding.
3	anonymous	I realized that I have a Fixed mindset when it comes to certain things. I am going to try and correct that by correcting my mistakes instead of complaining about them.
4	anonymous	Think more about the positives with things and try different study habits, such as quizlet.
5	anonymous	I am going to study in places that are less distracting and make sure I make time for everything I have to do, so I do not stress about it.
6	anonymous	Rewriting notes to study
7	anonymous	I need to start trying the problems on my own more without looking at and copying the notes. Maybe if I rewrite the important steps and then apply them on my own I will obtain it more.





Reflection



- From presenting this lesson, I was able to gain more knowledge on studying habits and re identify new habits for my learning style!
- I also learned new growth mindsets to continue to help me grow as a person!
- Personally, I was able to gain new skills of speaking in front of a classroom and learn that I really do love it!
- Since I am an education major, this benefits my college experience because it prepares me for my further to teach in my own classroom one day!