



# Learning How to Learn

**Book Recommendation:** *Learning How to Learn: The Science of Successful Learning*, by Peter C. Brown, Henry L. Roediger III, and Mark A. McDaniel

“Then [Yeshua] went down with them and came to Nazareth, and was subject to them, but His mother kept all these things in her heart. And Yeshua increased in wisdom and stature, and in favor with God and men” (Luke 2:51-52).

Stages of Learning:

1. Memorize
2. Analyze
3. Internalize (and teach others)

A Biblical Method of Learning:

1. Hear – to pay attention
2. Learn – to goad, to poke
3. Keep – to guard
4. Do

“And Moses called all Israel, and said to them: “Hear, O Israel, the statutes and judgments which I speak in your hearing today, that you may learn them and be careful to observe them” (Deuteronomy 5:1).

Ways to Review:

- Say back (narrate) what has been learned
- Show on paper (notebooking) what has been learned
- Rehearse to others what has been learned

What is a grade level?

- A level of difficulty
- Aim for the grade that is slightly more difficult than “automatic.”
- New learning should link to things previously learned.
- Learning is more effective when it requires effort (but not too much).

## How Do We Learn?

### Things That Don't Work:

- Rereading
- Highlighting
- Underlining
- Concentrating
- Cramming

These give the illusion of learning, but they don't require actual effort ("desirable difficulty").

### Things That Work Better:

- Quizzing
- Searching
- Raising the Bar of Difficulty
- Increasing the Time Between Review

### Tips and Ideas:

- Aim for mastery!
- Know your own children and personalize their instruction.
- Vary the kinds of practice you give ("interleaving"). Don't be predictable; mix it up!
- Discuss wrong answers or weak areas.
- Flashcards really work.
- We are not aware of what we don't know. We need to test to see where the holes in our knowledge are.

For consider Him who endured such hostility from sinners against Himself, lest you become weary and discouraged in your souls. You have not yet resisted to bloodshed, striving against sin. And you have forgotten the exhortation which speaks to you as to sons:

"MY SON, DO NOT DESPISE THE CHASTENING OF THE LORD, NOR BE DISCOURAGED WHEN YOU ARE REBUKED BY HIM; FOR WHOM THE LORD LOVES HE CHASTENS, AND SCOURGES EVERY SON WHOM HE RECEIVES."

If you endure chastening, God deals with you as with sons; for what son is there whom a father does not chasten? But if you are without chastening, of which all have become partakers, then you are illegitimate and not sons.

Furthermore, we have had human fathers who corrected us, and we paid them respect. Shall we not much more readily be in subjection to the Father of spirits and live? For they indeed for a few days chastened us as seemed best to them, but He for our profit, that we may be partakers of His holiness.

Now no chastening seems to be joyful for the present, but painful; nevertheless, afterward it yields the peaceable fruit of righteousness to those who have been trained by it.

Therefore strengthen the hands which hang down, and the feeble knees, and make straight paths for your feet, so that what is lame may not be dislocated, but rather be healed. (Hebrews 12:3-13)

- Strengths in learning styles need to be balanced with weaknesses. Increase in every area, to become well rounded.
- Encourage endurance. Do not blame a lack of learning on any circumstance.

"Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us, looking unto Yeshua, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God" (Hebrews 12:1-2).

- Early learning really is great, but learning is possible (and excellent!) at every age.
- Discussion improves IQ.

"You shall teach them diligently to your children, and shall talk of them when you sit in your house, when you walk by the way, when you lie down, and when you rise up. You shall bind them as a sign on your hand, and they shall be as frontlets between your eyes. You shall write them on the doorposts of your house and on your gates" (Deuteronomy 6:7-9).

- Learning is a choice.

### **Ways to Increase Learning:**

- Notebooking
- Tie new learning to previous learning
- Review, review, review
- Personalize learning
- Quiz for retention of learning
- Review after taking a test
- Ask why and how
- Ask child to explain back what was learned

Learning feels slow.

Learning needs a schedule.

Learning requires effort.

### **Free Teacher Training:**

<https://homeschoolingtorah.com/free-teacher-training-for-homeschoolers/>