

# Meaning → Learning → Performance

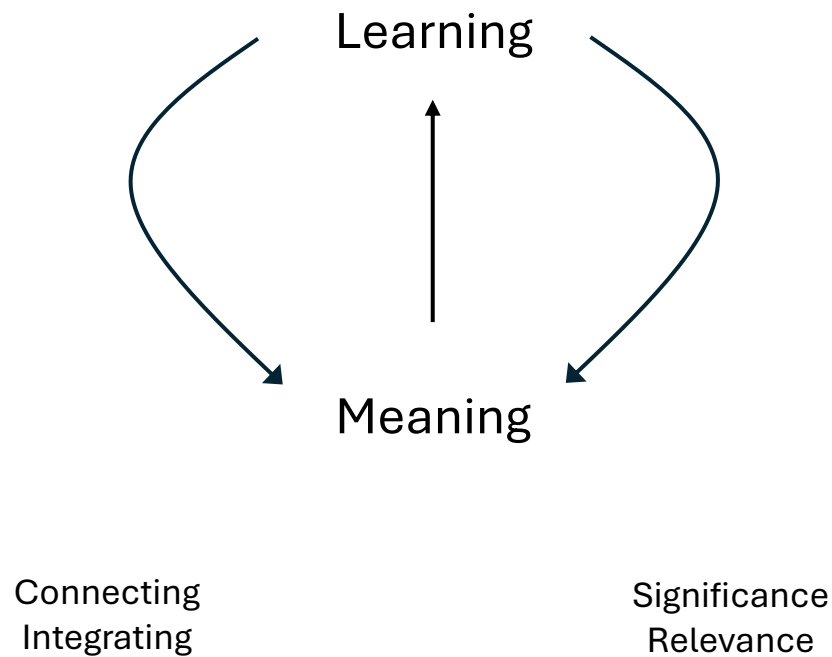
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## I. Meaning and Memory

- a. What is “meaning”?



## II. Attention

- a. What is attention?

### An Activity

| Color  | Group 1 | Group 2 |
|--------|---------|---------|
| Orange |         |         |
| Purple |         |         |
| Red    |         |         |
| Green  |         |         |
| Blue   |         |         |

### The Application of Attention

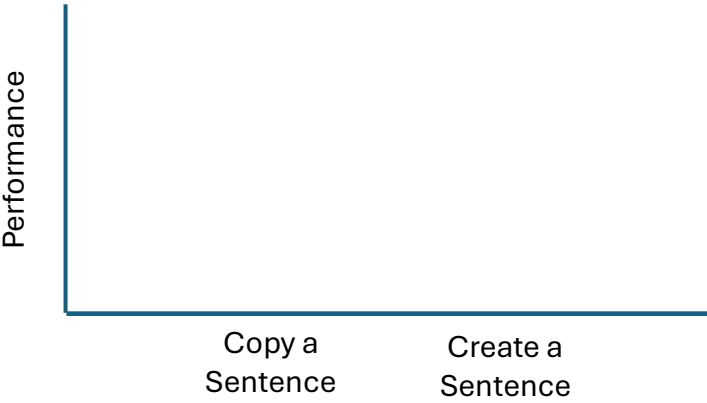
1. Activate prior knowledge and generate answers *before* new material.
2. Select a topic and integrate as you learn.
3. Protect your thinking from multitasking and distractions.
4. Mind wandering is normal, so learn in segments & take breaks.
5. Emphasize sleep and address anxieties.

### III. Making Meaning

#### An Activity

| Copy a Sentence | Create a Sentence |
|-----------------|-------------------|
| 1.              | 1.                |
| 2.              | 2.                |
| 3.              | 3.                |
| 4.              | 4.                |
| 5.              | 5.                |
| 6.              | 6.                |
| 7.              | 7.                |
| 8.              | 8.                |
| 9.              | 9.                |
| 10.             | 10.               |

| Copy a Sentence |  | Create a Sentence |  |
|-----------------|--|-------------------|--|
| 1.              |  | 1.                |  |
| 2.              |  | 2.                |  |
| 3.              |  | 3.                |  |
| 4.              |  | 4.                |  |
| 5.              |  | 5.                |  |
| 6.              |  | 6.                |  |
| 7.              |  | 7.                |  |
| 8.              |  | 8.                |  |
| 9.              |  | 9.                |  |
| 10.             |  | 10.               |  |



### **The Application of Cognitive Processing**

1. Activate prior knowledge and generate an answer *before* study.
2. Retrieve, space, and generate meaning... often.
3. Generate self-explanations (what and why) *in your own words*.
4. Reorganize what you know around meaningful relationships.
5. Attending, connecting, generating, applying, integrating, differentiating, and organizing...  
celebrate what you don't know and you'll learn it.

### **VI. Synthesizing**

List two ideas, concepts, or conclusions  
that you think are worth remembering.