

 Virginia-Maryland College of Veterinary Medicine

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Meaning, Learning, Performance

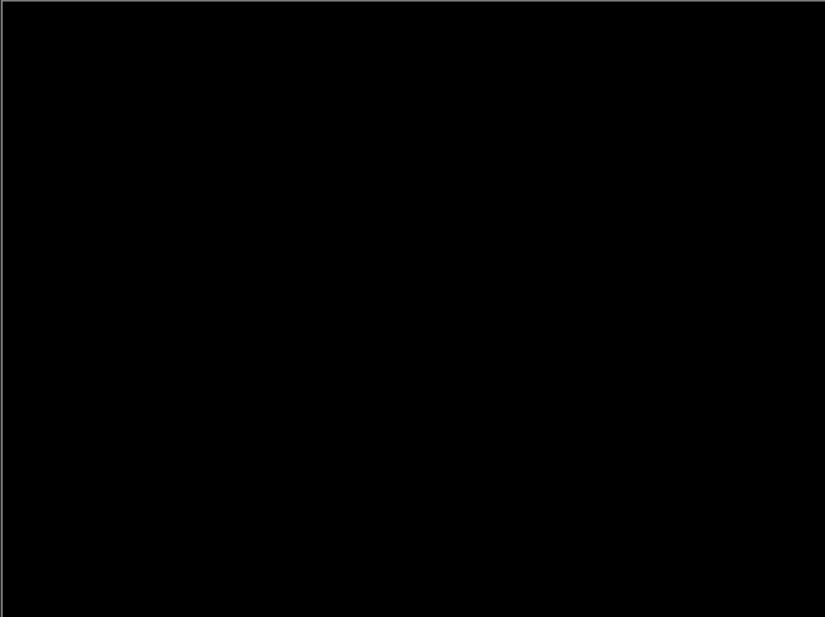
What we process, we learn.

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 Stormy

1

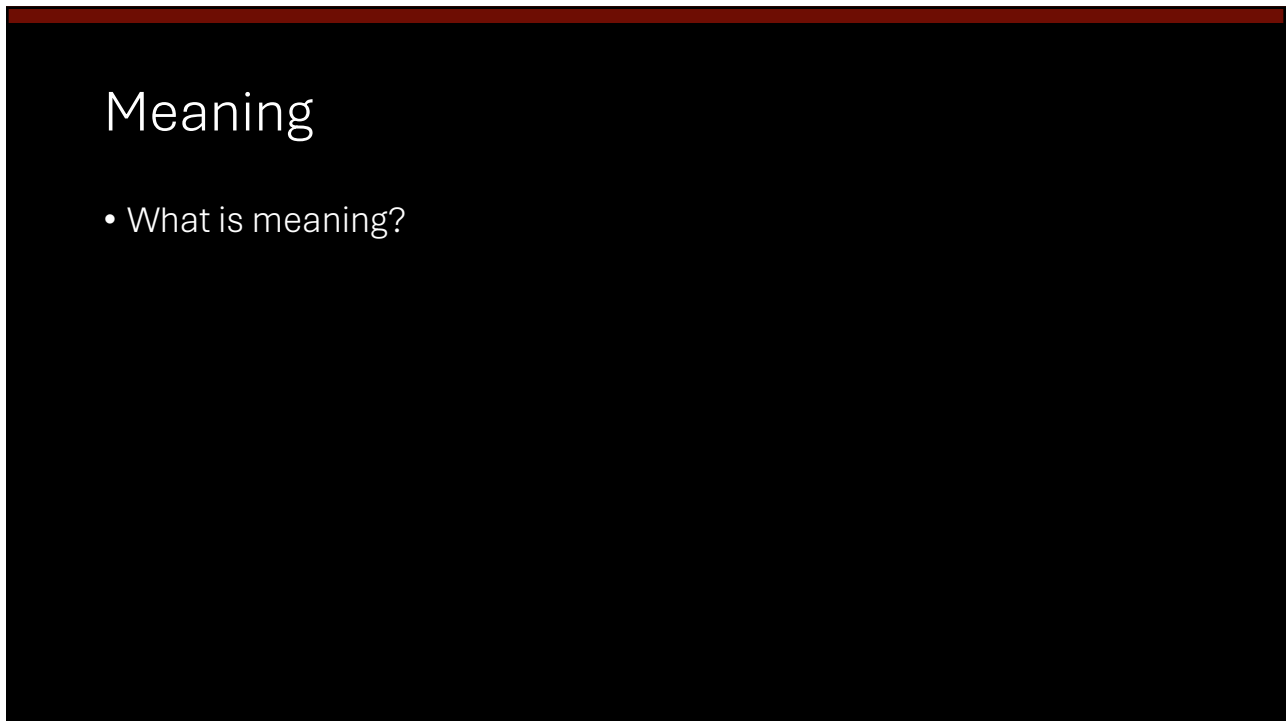
Focus on Clarity



2



3



4

Words

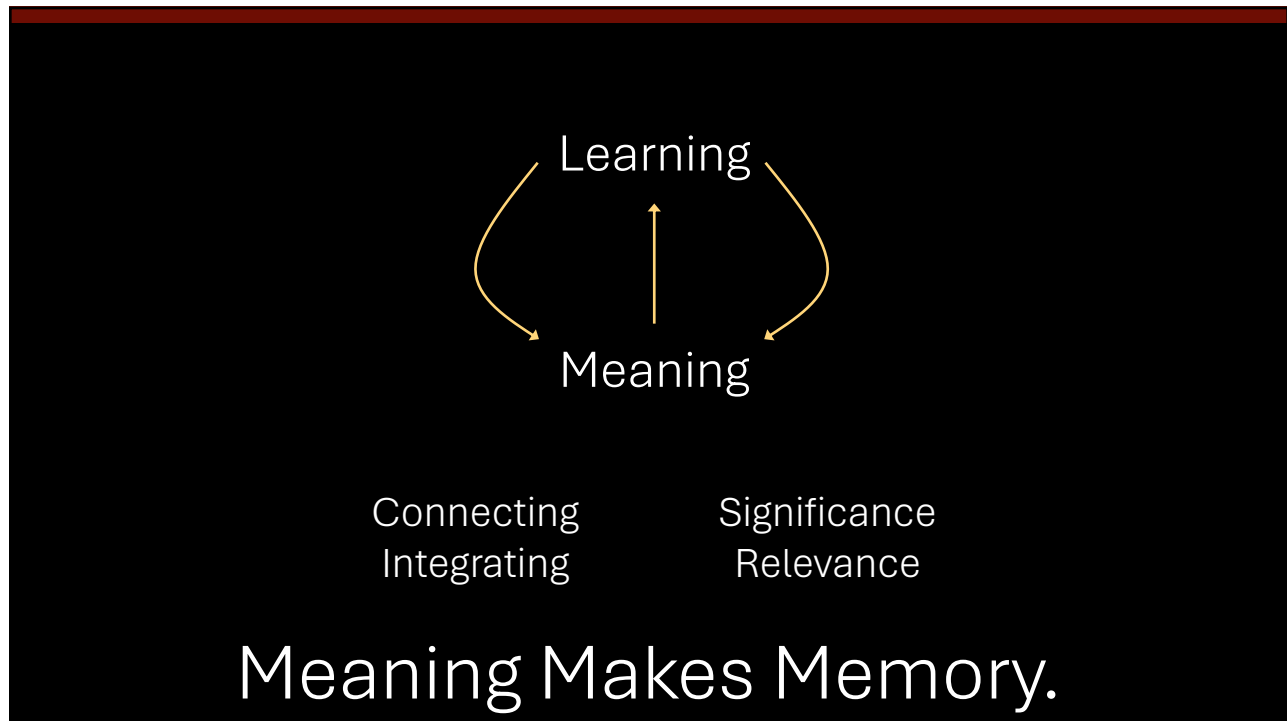
Meaning is always inside out.

Tired	Sleep Bed	Comfort
Awake	That's all! Eat	Wake
Dream	Slumber	Night

5

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8



9

Directions

Group 1	Group 2
	

Blue
Green
Orange
Purple
Red

10

Ready?

Group 1

Group 2



11

What do you remember?

Group 1

Group 2

An Activity		
Color	Group 1	Group 2
Orange		
Purple		
Red		
Green		
Blue		

12

What do you remember?

Group 1

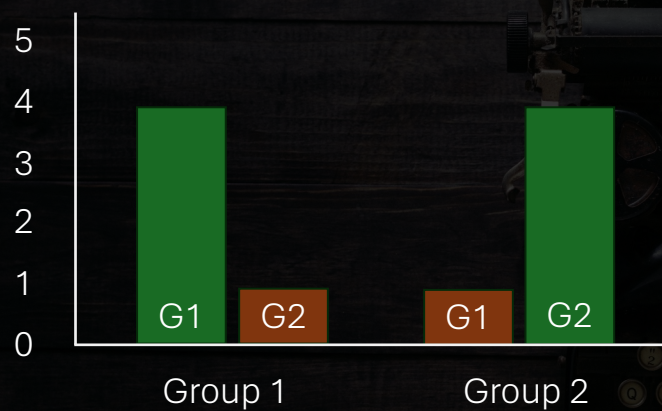
Group 2

An Activity

Color	Group 1	Group 2
Orange		
Purple		
Red		
Green		
Blue		

13

Let's Check
Why?



No Attention. No Learning.

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Attention & Learning: *The Application*

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.

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Making Meaning



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Learning is Effortful

17

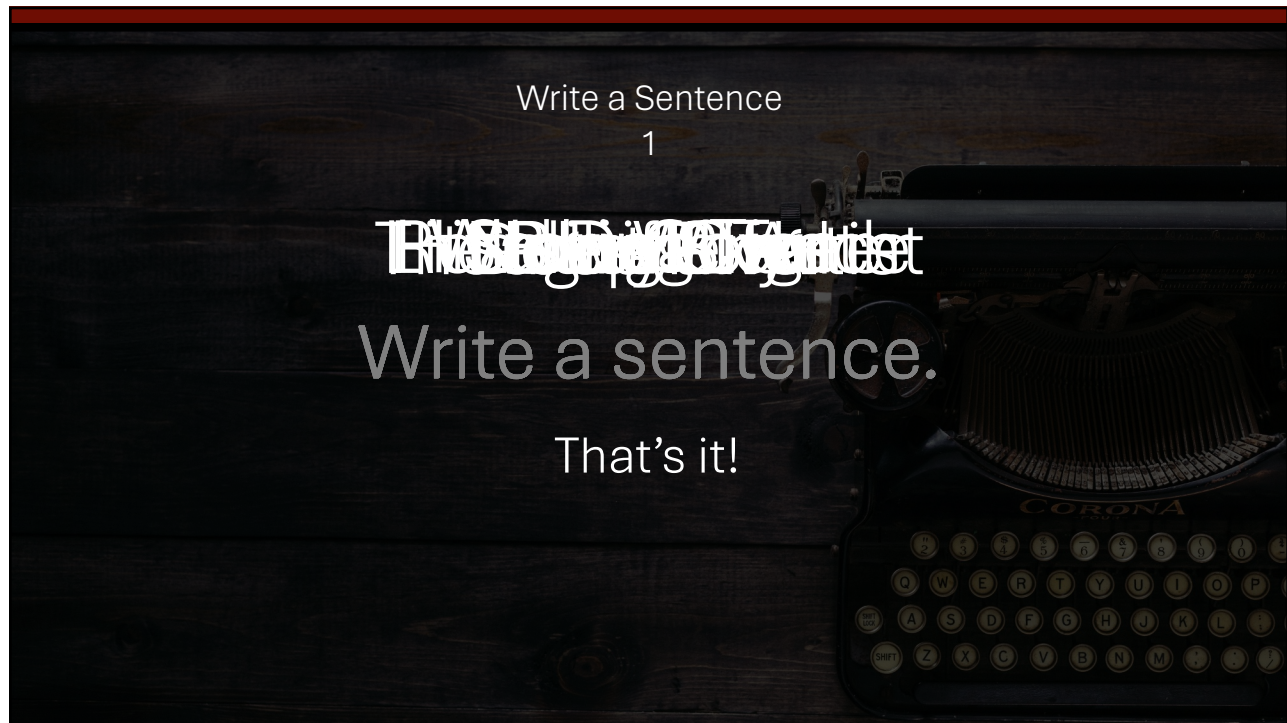
Copy a Sentence

1

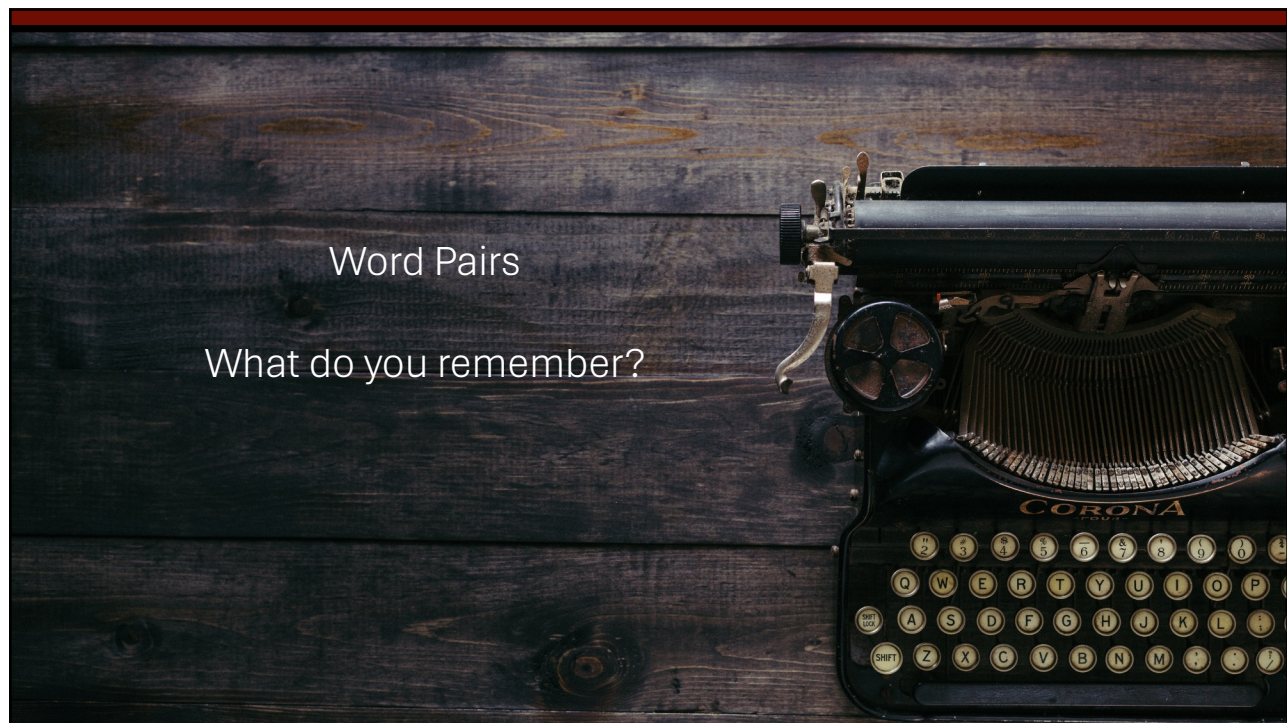
Now I'm going to copy this sentence for you. It's a long sentence.

That's it!

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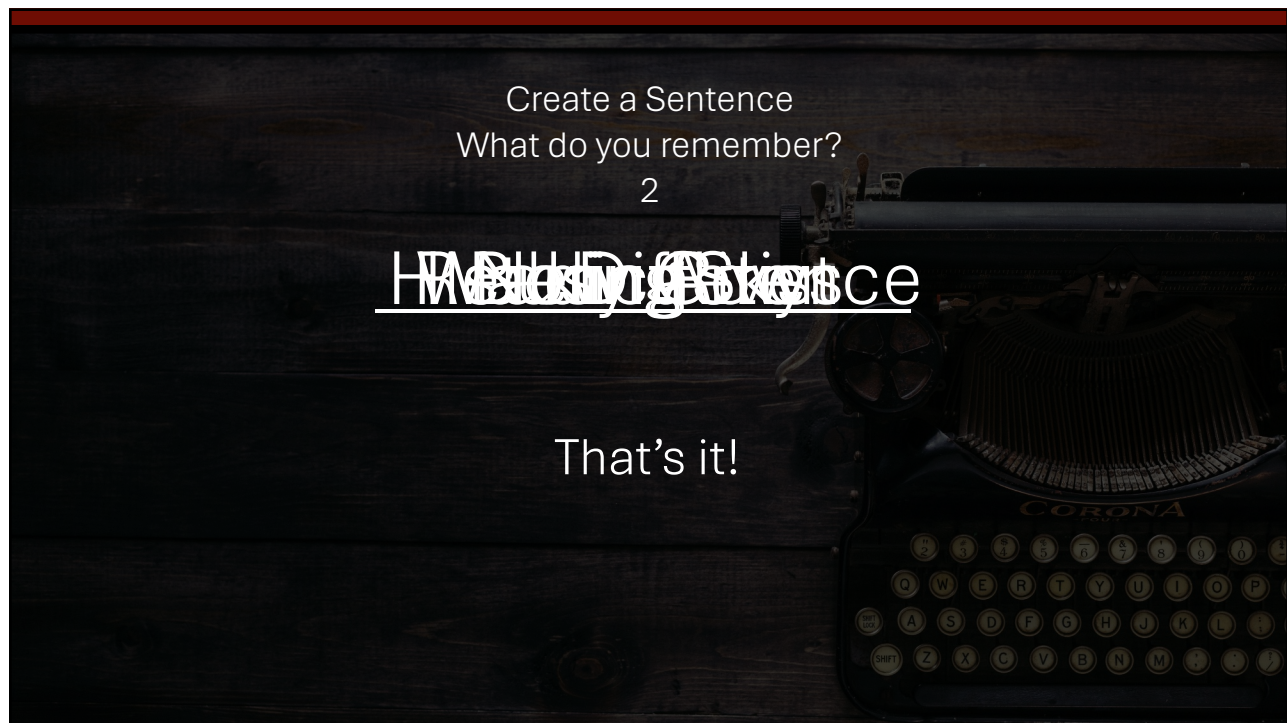
19



20



21



22



23

Processing & Learning: The Application

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... } processing

celebrate what you don't know and you'll learn it.

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Learning take time and effort – sleep on it.



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A Synthesis

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



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