Section 1 Handout – How Students Learn

# Activity List

Use this table to check off each activity as you complete it. The time is my rough guess for how long things should take you.

|  |  |  |  |
| --- | --- | --- | --- |
| **Part**  | **Activity** | **Time** | **Done?** |
| Why is memory so important in learning? | Video | 5mins |  |
| Quiz | 5mins |  |
| What are the main parts of human memory? | Video | 10mins |  |
| Quiz | 5mins |  |
| What is the process (and challenges) of storing and retrieving memories? | Video |  |  |
| Quiz |  |  |
| How does knowing facts lead to understanding? | Video |  |  |
| Quiz |  |  |
| What determines our speed of learning? | Video |  |  |
| Quiz |  |  |
| What is Cognitive Load theory? | Video |  |  |
| Quiz |  |  |
| What effects our motivation? | Video |  |  |
| Quiz |  |  |
| How do students learn? (Summary) | Video |  |  |
| Quiz |  |  |
| Activity |  |  |
| Activity  |  |  |