

How to be an Active (Awesome) Learner

A commonly understood wisdom is that you get more out of something if you put more into it. Do you believe that? Has that ever been true for you?

In addition to helping you be actively engaged, the following tactics can demonstrate that involvement to a teacher who wants you to participate more. If you need to participate more, try any of the following. If you already participate, try broadening your approach to include new ways to be involved. **As a minimum standard, you should do any of the following at least three times a week.**

Nine ways to speak during a lecture or discussion:

- 😊 Summarize or put into your own words what the teacher or another student said.
- 😊 Elaborate on what has been said by the teacher or another student.
- 😊 Relate the issue or content to your own knowledge and personal experiences.
- 😊 Give examples to clarify or support what someone else has said.
- 😊 Make connections between related concepts.
- 😊 Restate the instruction or assignment in your own words.
- 😊 Restate or clarify the question or issue you think the group is discussing (if it's complex).
- 😊 Describe to what extent your point of view on the issue is different from or similar to others.
- 😊 Ask a good question! Especially ask it if you are afraid to! Don't ask it if you have just tuned back in after drifting away - listen for a while first, then ask if you need to.

Six special tips that will help you stay tuned in:

- 📖 Sit where you can see and hear; do not sit where you are easily distracted by friends, the view, or distant from what's going on.
- 📖 Clear your desk of items that might distract you.
- 📖 Take notes whether you've been told to or not! Writing helps focus attention!
- 📖 Don't try to do two things at once (like homework from another class).
- 📖 Make a conscious choice to ignore the clock, messengers who come into the room, noises from outside, friends waving at you through the window in the door, etc.
- 📖 Shift in your seat and move as needed to always be looking at the speaker.

Are there any tips you know that I have not mentioned? Let me know so that I can add them!