

# Supporting students to study smart

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# Propositions

## Supporting Students to Study Smart A Learning Sciences Perspective

Felicitas Biber

1. A direct learning strategy training increases students' knowledge, use, and motivation to use more effective learning strategies (this dissertation).
2. Tackling students' uncertainty about how to adapt desirably difficult strategies to their own context requires continuous and sustainable support (this dissertation).
3. Practice what you preach - teachers should incorporate more principles of desirably difficult learning strategies in their teaching (this dissertation).
4. Having students make and answer practice test questions does not lead to a similar positive learning effect as answering practice test questions provided by the teacher (this dissertation).
5. There are three times more students who struggle when adapting to online learning than there are students who flourish in online learning (this dissertation).
6. The learning sciences should not only be about what works and what doesn't but also about how to bridge the gap between educational theory and practice.
7. "The key to surviving in an ever more rapidly changing and complex world is learning how to learn" (Kornell & Bjork, 2007).
8. If we want online education to work, we need to adapt it to individual differences between students. If not, online education will increase, rather than decrease inequality in education.
9. Because effective learning strategies require more effort, understanding how students can take breaks effectively is just as important as understanding how to use strategies effectively.
10. Learning effectively is like playing the piano, as it requires repeated, deliberate, and spaced practice to make music.
11. "Man darf nie an die ganze Straße auf einmal denken, verstehst Du? Man muss nur an den nächsten Schritt denken, den nächsten Atemzug, den nächsten Besenstrich. Und immer wieder den nächsten. Dann macht es Freude; das ist wichtig, dann macht man seine Sache gut. Und so soll es sein." (Michael Ende, *Momo*, 1973).