



Learning How to Learn

Teaching and Learning Resources for Higher Education

[Make a copy of this resource collection](#), and [see all teaching resources collections](#).

Articles

- [Learning Is a Learned Behavior. Here's How to Get Better at It. \(Harvard Business Review, 9/2018\)](#)
- [Teaching the Skill of Learning to Learn \(Inside Higher Ed, 2/2019\)](#)
- [Simple Ways to Integrate Four Evidence-Based Teaching Strategies \(Edutopia, 8/2019\)](#)
- [To Learn, Students Need to DO Something \(Cult of Pedagogy, 12/4/2018\)](#)
- [What's Your Best Guess? Predicting Answers Leads to Deeper Learning \(Mind Shift, 2/24/2012\)](#)

CETL Resources

- [Learning to Learn Handbook](#)

CETL Teaching Tips

- [Habit Creation to Empower Students](#)
- [Retrieval Practice Makes It Stick](#)
- [Use Elements of Cognitive Constructivism to Design Effective Learning Activities](#)
- [Circles of Impact: Students Prioritize Learning Content](#)
- [8 Secrets to Success for Students](#)
- [Helping the Brain to Learn with F.A.C.E.S.](#)
- [Identify Bottlenecks to Student Learning to Develop Improved Learning Strategies](#)

- [The Power of Tests to Teach](#)
- [Techniques to Help Students Think about Their Learning](#)
- [Use Discrepant Teaching Events to Address Students' Misconceptions](#)
- [Found Metaphors: A Strategy of Applied Creative Thinking](#)
- [Helping Students Study](#)

Inspired by the Oakley's Learning How to Learn MOOC

- [While It Simmers: Engaging Focused and Diffuse Modes](#)
- [The Power of Chunking: Meaningful Groups and the Memory Palace](#)
- [Mind Your Cues: Learning with Class Rituals](#)
- [Small, Frequent Practice Makes Permanent](#)

CETL Learning Tips

Written for a student audience, these learning tips can be linked to Moodle, or you can save and adapt them to fit your class needs.

- [Asking for Help Shows Strength, Not Weakness](#)
- [Customize the Course Syllabus](#)
- [Studying That Sticks](#)
- [Essential Behaviors and Conditions for Learning: Learning Tip for Students](#)
- [Slide Presentation Best Practices: Learning Tip for Students](#)
- [Helping Students Read Difficult Texts](#)

Videos

- [Cognitive Load Theory: Two Ideas, Two Strategies \(10 minutes\)](#)
- [8 Secrets of Success: TED Talk \(3:26 minutes\)](#)
- [Learning How to Learn: TEDxOaklandUniversity with Barbara Oakley \(18 minutes\)](#)

Podcast Episodes

- [Encouraging Students to Do the Work of Learning with Dr. Terry Doyle \(42 minutes\)](#)
- [Neuromyths in Teaching and Learning, with Michelle Miller \(25 minutes\)](#)
- [You Must Remember This, with Michelle Miller \(46 minutes\)](#)
- [Pillars of Learning w/ Michael Weingarh \(48 minutes\)](#)
- [Assessment For and As Learning \(25 minutes, from Dead Ideas in Teaching and Learning\)](#)
- [Critical Thinking, with Linda Nilson \(44 minutes\)](#)
- [Pseudoscience, with Kristin Croyle and Paul Tomascak \(42 minutes\)](#)
- [Learning Myths and Realities, with Michelle Miller \(40 minutes\)](#)
- [The Science of Retrieval Practice, with Pooja Agarwal \(37 minutes\)](#)
- [Teach Students How to Learn, with Sandra McGuire \(38 minutes\)](#)

Tools and Activities

- [Learning How to Learn MOOC with Barbara Oakley \(Coursera\)](#)

Social Media

People to Follow on Twitter:

- [Pooja K. Argwal](#)
- [Saundra Y McGuire](#)
- [Dylan Wiliam](#)

Books at CETL

Check out these and other books in our collection in 200D Elliott Hall. [Browse the full CETL library.](#)

Ambrose, S.; Bridges, M.; DiPietro, M.; Lovett, M.; Norman, M. & Mayer, R. (2012). *How Learning Works: Seven Research-Based Principles for Smart Teaching*. Boston, MA: John Wiley & Sons Inc.

Aronson, L. (2013). *Unleashed to Learn: Empowering Students to Learn at Full Capacity*. W. Conshohocken, PA: Infinity Publishing

Bain, K. (2012). *What the Best College Students Do*. Cambridge, MA: Harvard University Press

Brown, P., McDaniel, M.A., Roediger, H. (2014). *Make It Stick: The Science of Successful Learning*. The Belknap Press of Harvard University Press. Cambridge, MA.

Csikszentmihalyi, M. (2008). *Flow: The Psychology of Optimal Experience*. New York, NY: Harper Perennial Modern Classics

Doyle, T. & Zakrajsek, T. (2013). *The New Science of Learning: How to Learn in Harmony With Your Brain*. Sterling, VA: Stylus Publishing

Eyler, J. (2018). *How Humans Learn: The Science and Stories Behind Effective College Teaching*. West Virginia University Press. Morgantown 2018.

Past CETL Events

Workshop recordings, slides, and handouts. Links prompt logging into an eSpace page using your OU User ID and password (same info as Moodle and OU email account).

- [Learning to Learn \(Ableser, 2015\)](#)

If you have suggestions, please email Christina Moore (cmamoore@oakland.edu).