

ITU, Yabancı Diller Yüksekokulu



Öğrenmeyi Öğrenme

Burcu KOÇ, Sakarya Üniversitesi

3

89

38

7

14

23

24

10



- **K-W-L Çizelgesi**
- **K**now (Ne biliyorum)
- **W**ant (Ne bilmek istiyorum)
- **L**earn (Ne öğrendim)



İçerik

- Öğrenme nedir?
- İki farklı düşünme modu,
- Erteleme, zaman yönetimi, düşünme tarzı,
- Öğrenmede yetkinlik/yeterlilik yanılsaması,
- Pomodoro tekniği,
- Öğrenciler için ipuçları.

Öğrenme nedir?



Gelecekteki sorunları ve fırsatları anlamlandırabilmemiz için bilgi ve beceriler edinme ve bunları bellekte hazır bulundurma



Araştırmalar → optimal olmaktan uzak çalışma tekniklerine güveniyoruz



Faydalı olabilmesi için, öğrenilen şeylerin hafızada depolanmasına ihtiyaç vardır



Focused mode (Odaklanmış mod) vs Diffuse mode (Dağınık mod)

Temelde farklı iki düşünce biçimi:

- **Odaklanmış mod:**

Bu, öğrenmeye veya anlamaya çalıştığınız bir şeye yoğun bir şekilde konsantre olduğunuz zamandır.

- **Dağınık mod:**

Bir dizi sinirsel dinlenme durumuyla ilgili olan rahat düşünme tarzıdır.

Olaylara çok farklı, büyük resim perspektifinden bakabilirsiniz.
Yeni yollar boyunca seyahat eden yeni sinirsel bağlantılar kurabilirsiniz.

Öğrenmenizi ve Gelişiminizi Engelleyen Şeyler

Procrastination (Erteleme)

- Neden ortaya çıkar?
- Beynin erteleme ile ne ilgili vardır?
- **Pomodoro Tekniği**
 - Focus on what you are doing for 25 minutes
(putting away all the distractors)
 - Give 5 minutes break after each 25-minutes session,
 - Give 15 minutes break after the completion of four
“pomodoro” sessions.

Time Management

- Franklin Covey Matrix

The time management matrix – planning form		
	Urgent	Not Urgent
I m p o r t a n t	I	II
N o t I m p o r t a n t	III	IV

Öğrenmeniz için yeterli vakti ayırın!

“We are what we repeatedly do. Excellence, then, is not an act, but a habit.” **Aristotle**

1000 hours rule:

1 hour → brief introduction to the topic

10 hours → a wider conceptualization of the basic ideas

100 hours → an average level of competence/proficiency

1.000 hours → the level of expertise (uzmanlık)

10.000 hours → the level of mastery (ustalık)

Öğrenmeniz için yeterli vakti ayırın!

“We are what we repeatedly do. Excellence, then, is not an act, but a habit.” **Aristotle**

If your aim is to reach **the level of expertise**,

8 hours a day for 5 days in a week = in 5 years

4 hours a day for 5 days in a week = in 10 years

2 hours a day for 5 days in a week = in 20 years

1 hour a day for 5 days in a week = in 40 years



- “You can practice shooting 8 hours a day, but if your technique is wrong, then all you become is very good at shooting the wrong way. Get the fundamentals down and the level of everything you do will rise.”

– **Michael Jordan**

Potensiyelinizi ortaya çıkarmak ister misiniz?

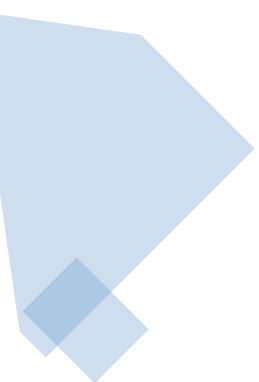
- Want to live up to your potential?

Your current goal and thinking may limit who you can become.

Start your “**Shinkansen Goal**” today!

“The greatest danger for most of us is not that our aim is too high and we miss it, but that it is too low and we reach it”


Michelangelo



Want to live up to your potential ?

«I am going to give a speech in front of 1.000 people.»

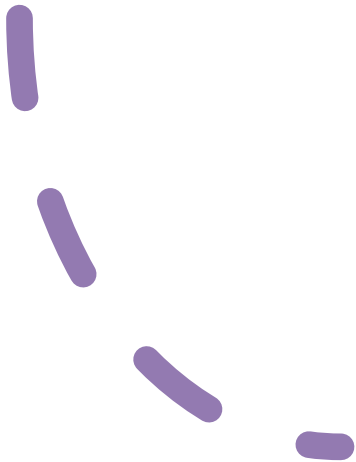
Ten steps to realize that goal:

- *Reading books about* how to make effective speeches in front of people,
 - *Meeting people* who make such speeches and ask for their advice,
 - *Watching* important speakers' videos on YouTube,
 - *Starting a course* to learn how to express myself in front of others,
 - *Starting a theater course* to overcome stage anxiety,
 - *Recording* myself while presenting to practice and observing how well I did,
 - *Preparing a short speech* to a small crowd
- 



Want to live up to your potential?

How about other steps that we can take?



Adımları Planla

What will you do?

How will you do?

When will you do?

Reading books about
how to make effective
speeches in front of
people

I will google for books
and buy online

I will do it today after
the presentation 😊




Your current thinking!

Let's think about the things you have overcome after a strong fight!

➤ To eradicate the prejudices and other things that keep us from doing something, in the times of feeling incompetent or unsuccessful, you should remember the times you proved yourself wrong!

Please write down three things you had thought you would not have overcome, but you did!



Your comfort zone!

“Don’t just follow your passions; broaden your passions, and your life will be enriched beyond measure.” **Barbara Oakley, Oakland University**

Leaving the comfort zone!

- Changing the route you take to go to work or school,
- Reading a book written by an author you are completely unfamiliar with,
- Going around a neighborhood you have never been before,
- Learning something new,
- Making new friends,

Ask for feedback!



How to ask for Feedback → Stop-Continue-Start Model

1. What should I **stop** doing?

2. What should I **continue** doing?

3. What should I **start** doing?

Learning Tips for Students:

- Önemli öğrenmenin genellikle, biraz zor olduğu gerçeğini benimseyin,
- Zahmetli (effortful) öğrenme beyninizi değiştirir, yeni bağlantılar kurar, zihinsel modeller oluşturur, yeteneğinizi artırır.
- Hafızadan **yeni öğrenmeyi çağırma (retrieval)** alıştırmaları yapın,

Learning Tips for S tudents:

- Hafızadan yeni öğrenmeyi çağırma (retrieval) alıştırmaları yapın,
- Instead of rereading, use **self-quizzing** to retrieve knowledge and skill from memory,
- When you read a text or study lecture notes, **pause periodically** to ask yourself questions without looking in the text (What are the key ideas? What terms or ideas are new to me? How would I define them? How do the ideas relate to what I already know?)

Learning Tips for S tudents:

- Set aside **a little time every week** throughout the semester to quiz yourself on the material in a course, both the current week's work and material covered in prior weeks,
- When you quiz yourself, check your answers to make sure that your judgments of what you know and don't know are accurate

Learning Tips for Students:

- Use quizzing to identify areas of weak mastery, and focus your studying to make them strong,
- Periodically practicing new knowledge and skills through self-quizzing strengthens your learning of it and your ability to connect it to prior knowledge,
- A habit of regular retrieval practice throughout the duration of a course puts an end to cramming and all-nighters,

Learning Tips for Students:

- **Geri çağırma pratikleri arasında zaman aralıkları bırakın**
 - You should study the content more than once but leaving considerable time between practice sessions,
 - Establish a schedule of self-quizzing that allows time to elapse between study sessions,
 - Another way of spacing retrieval practice is to interleave the study of two or more topics, so that alternating between them requires that you continually refresh your mind on each topic as you return to it,

Learning Tips for Students:

- **Farklı problem türlerine ilişkin çalışmalar yapın**
 - Mix the topic or skill in the practice of other subjects, other skills, constantly challenging your ability to recognize the problem type and select the right solution.
- **Elaboration**, the process of finding additional layers of meaning in new material, can be accomplished through *relating the material to what you already know, explaining it to somebody else in your own words, or explaining how it relates to your life outside of class.*

Learning Tips for Students:

- **Generation**, an attempt to answer a question or solve a problem before being shown the answer or the solution, enables you to consult your creativity and storehouse of knowledge to try to solve a problem when you encounter one.

Learning Tips for Students:

- **Reflection**, the act of taking a few minutes to review what has been learned in a recent class or experience and asking yourself questions like:

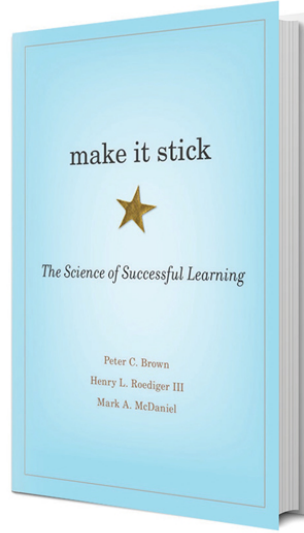
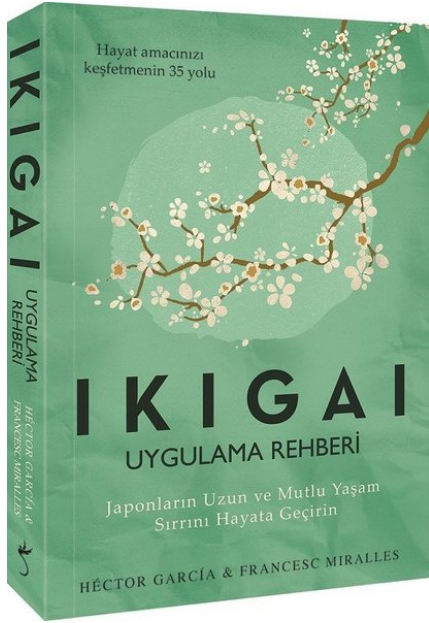
What went well?



What could have gone better?


What might you need to learn for better mastery?


What strategies might you use the next time to get better results?


Enables you to characterize how your class learning connects to life outside the class.

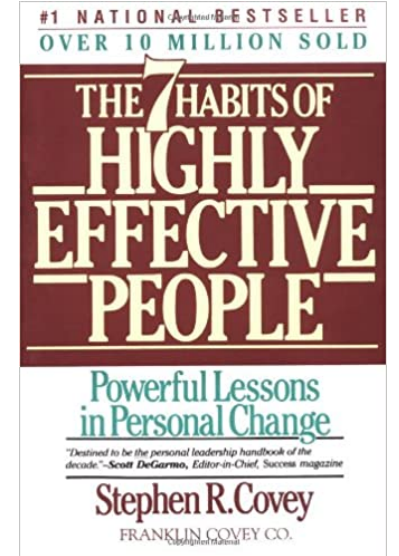


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Mixed

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Arizona State University
COURSE
★★★★★ 4.8 (1,692) | 41K students
Beginner

 Mindshift
McMaster University
COURSE
★★★★★ 4.8 (10,346) | 330K students
Beginner



Kaynaklar

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Thank
you