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## Student Success \ Superlearning

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KAVEH FARROKH (PH.D.)

# The Rose & Nicholl 6-step Plan: (3) Searching for the Meaning

### CAN YOU IMPROVE YOUR IQ?

YES! Your intelligence can be improved in specific areas if you:

1. Use the right learning and study techniques for learning:
  - “What technique(s) can I use to improve...”
  - “How does my thinking and approach affect...”
2. Perseverance, effort, and patience:
  - There is no such thing as “easy” or “effortless” learning – YOU NEED TO WORK FOR THIS!

### DO YOU BELIEVE IN THE ENTITY THEORY OF IQ?

1. This is the belief that your intelligence is fixed and no amount of work or effort can change this.
2. This is the notion that you are “born” with a fixed (unchangeable) IQ because its “genetics”.
3. Typical attitudes:
  - “I’m never good at...”
  - “I can never do this because...”
4. Very sensitive to approval and opinions of others:
  - Obtain “others” positive judgments of competence.
  - Avoid “others” negative judgments of competence.

**Langara.**

THE COLLEGE OF HIGHER LEARNING.

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## DON'T JUST KNOW SOMETHING

- Do you truly understand the material for the exam?
- There is a big difference between knowing and understanding.

## EXPERT LEARNERS

- Mastery learning: working to understand key concepts in depth.
- Focus on quantity and quality of learning and study time.
- Always open to new approaches, techniques, strategies, and creative problem solving.
- Work to see the big picture and how the details fit into this.
- Budget your time in terms of how many concepts you aim to learn in your study session.
- Failure is seen as feedback allowing you to correct your shortcomings for the “next round”.

## NOVICE LEARNERS

- Shallow learning: rote memorization and cramming to pass tests.
- Quantity over quality: prefer to study long hours and hope that the material will “sink in”.
- Preferring to use study techniques for studying (e.g. re-reading text or notes, excessive highlighting) even as these do not get them good marks.
- Continuing to use ineffective study strategies even as these fail to provide concrete learning and deep understanding.