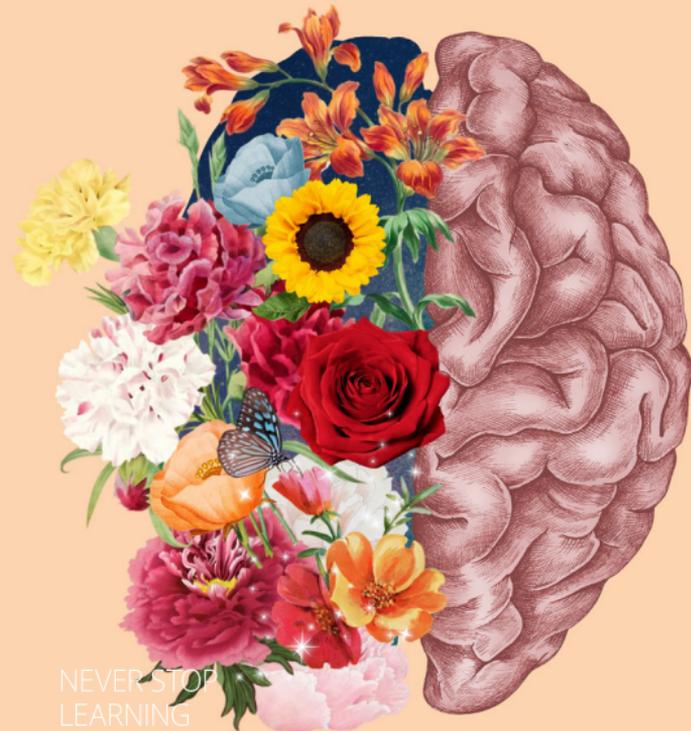


7 Learning Myths Your Students May Believe

(Based on cognitive science research)



NEVER STOP
LEARNING

1. Learning styles improve learning

Pashler et al. (2008)

2. We only use 10% of our brain

Howard-Jones (2014)

3. Students are left-brained or right-brained

Nielsen et al. (2013)

4. Talent matters more than effort

Blackwell, Trzesniewski & Dweck (2007)

5. Cramming works best

Cepeda et al. (2008)

6. Rereading and highlighting is effective revision

Roediger & Karpicke (2006)

7. More time studying = better learning

Dunlosky et al. (2013)

Reflect:

What are you doing to support your students in identifying these myths?

These myths encourage ineffective study habits and create an illusion of learning.

Research consistently shows that strategies such as:

- Retrieval practice
- Spaced learning
- Interleaving
- Self-explanation

...lead to stronger long-term retention and deeper understanding.

Explore practical, research-informed approaches to revision in this short paper by
Costas Constantinou, Director of Education at Veema:

Evidence-Informed Revision Strategies - What the Research Says About Effective Learning

