

Pomodoro Method

<https://www.youtube.com/watch?v=O96fE1E-rf8&vl=en>

I highly recommend this video and this method. The pomodoro method takes advantage of what psychologists know about learning and memory. In short, our working memory space is limited in the number of items it can hold and the duration of time it can hold them. So paying close, undistracted attention for short periods of time--and then letting the mind wander as learning is consolidated in the background-- is the only way to go. Alternate between what Oakley calls the focussed and the diffuse states of mind.

Cornell Notes

<https://www.youtube.com/watch?v=ErSjc1PEGKE>

This is a deceptively simple and powerful thinking/studying tool. I cannot emphasize enough the importance of synthesizing (formulating the main ideas of a text or lecture) and summarizing. High achieving students do this regularly.

SQ3R (Survey, Question, Read, Recite, Review)

<https://www.youtube.com/watch?v=p75ecq7NJp8&t=19s>

This is a well tested approach to reading academic material. In summary, divide the text into sections and...1. Survey--don't read closely at this point--to answer the question "What is this text about?". 2. Then formulate a Question(s) you will try to answer as you read the text. 3. After carefully Read the text and noting possible answers to your question(s), Recite--say outloud--the answers to your question(s). After you have read several sections of the text, Revise the main ideas of the whole text.

Dealing with Anxiety that impacts college success

Much of the theory and research in this area are based on the groundbreaking work of James Pennebaker who demonstrates that writing about feelings and anxious thoughts improves learning and health. Have a look at this interesting TED talk by Pennebaker. <https://www.youtube.com/watch?v=PGsQwAu3PzU>

The take away here is to practice formulating anxious thoughts and painful feelings in language (writing) instead just feeling or thinking compulsively. This helps learning--maybe because it clears space in the working memory so new learning can come in--and modulating feeling--maybe because it discharges the emotional energy contained and consumed in trying *not* to think distressing thoughts.

Mindfulness and paying attention

Paying (restful, non-anxious) attention is one of the biggest cognitive challenges for students and teachers. A lot of research in education and health has occurred recently having to do with Mindfulness and Mindfulness training. Evidently Mindfulness practice has good effects on learning, memory and mood regulation. I think we can all benefit from this practice, not only those of us who carry an attention related diagnosis like ADD or ADHD. Check out these cool videos and consider bringing these practices into your life.

<https://www.taoconnect.org/english-exercises/>