Cognitive Strategies to Promote Self-Regulated Learning

If you have the opportunity, help some learners to try out some of the strategies listed below or try them out in your own learning.

What is their/your experience of using the strategies? What can you conclude? How can the process be enhanced? What additional cognitive strategies can you develop for a particular subject area or task?

# 1. Selected Strategies

* Draw a concept map or graphic organiser of what you wish to learn
* Develop a list of key words related to the topic and explain them
* Associate concepts to be learned with images to help remember or explain them
* Memorise key concepts, lists or explanations
* Use mnemonics (words, sentences or lines from song) to memorise lists
* Recall rules for spelling
* Write summaries of concepts on note cards
* ‘Modularise’ a complex problem into a sequence of independent tasks
* Colour code / highlight text and use memory of the colours to recall content

# 2. Observations about Implementing the Strategies.

# 3. Additional Cognitive Strategies that Might be Useful