

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

### Can U Improve Your IQ?

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

- 1] Use the right Learning & Study Techniques for learning ...
  - *“What technique(s) can I use to improve...”*
  - *“How does my thinking and approach affect...”*
- 2] Perseverance & Effort & 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 & Opinions of Others:
  - Obtain “Others” positive judgments of competence
  - Avoid “Others” negative judgments of competence

### 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 & Study Time
- Always open to new approaches, techniques & strategies & creative problem solving
- Work to see the Big Picture & 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 & Cramming to Pass Tests
- Quantity over Quality: Prefer to study Long Hours & 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 & deep understanding