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Learning to learn: Get rid of learning types, come up with learning strategies!

1 Motivation strategies

Motivation doesn't happen by accident. Therefore, students should find individual ways and methods to increase their motivation to learn as well as their concentration. Smaller learning goals, to-do lists or little treats as rewards are just a few examples.

2 Organisational strategies

Learning materials should be logically structured and organised so that you can get a coherent picture of the subject.

3 Elaboration strategies

Elaboration strategies help to understand the learning material better. Existing knowledge is reactivated and linked to the newly acquired knowledge, for example by using mnemonic aid. Finding analogies or explaining what has been learned in one' own words can also help.

4 Repetition strategies

Repetition strategies serve to keep knowledge active in the working memory and gradually transfer it to the long-term memory. Memory aids as well as the way of repeating, for example by reading or speaking aloud, are part of these strategies.

5 Cooperation strategies

Learning groups for mutual learning are often helpful. However, the group constellation should be efficient, i.e. the team members are ideally at a similar level of knowledge.

Sources:
https://motiviert-studiert.de/lern-und-lernstrategien.
https://www.elearning-blog.online/2022/04/12/lern-typen/.
https://www.acqua.de/magazin/lernen/lernraps-lernmotivation-die-besten-lernstrategien?q=textytteiche%20Lernstrategien%20gibt%20es%3B%20Die%20sind%20universal%20richtigen%20Strategie.