

The Science of Learning Well... Together - Tip #4

An integral aspect of effective Self-Regulated Learning is monitoring your own understanding. This strategy can assist you to reflect on whether your understanding is deep, or if perhaps it is only quite superficial. Having some simple strategies to stop and check what you understand can avoid the development of gaps in your knowledge in the future. Using this strategy as a group, you can also draw on the metacognition of your peers, and can help each other to monitor and evaluate each others understanding.

Developing Deep Understanding



STEP 1: On your own...

Each time you do a reading, review a lecture, or complete a task, note down anything that puzzles you, that you don't understand, or that you wonder about.

Maybe at the end of your reading or activity, prompt your thinking with phrases like: "I understand...but I am not sure about...", or "I wonder..."

Note down your questions and take them to your group.

STEP 3: On your own...



After your group meeting, write a summary of each of the key ideas discussed, without looking at your notes. Is there anything you are still unsure of?

How will you improve your understanding of these ideas?



STEP 2: With your group...



Each person shares one question or wondering.



Discuss as a group.



Make connections between the group ideas and the course materials.



Check everyone has an understanding of the concept. If not, propose ways that they can reinforce their understanding.



If there are still misunderstandings or questions amongst the group, compose an email to the lecturer or other expert.