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Week 1: Learning Foundations & STEM Confidence

Module 1: Efficient Strategies for Learning

Lesson: Train Your Brain

Lesson Overview

Students will learn how the brain learns more effectively and compare common study strategies. They will use this understanding to choose and apply strategies that improve memory and learning.

Learning Targets

Explain why trying to remember helps me learn better than rereading.

Compare study strategies and decide which are most effective.

Apply a strategy to improve how I remember information.

Vocabulary

Cognitive Flexibility

Changing your thinking when situations change

Active Recall

Trying to remember information without looking

Testing Effect

Learning improves when you practice retrieving information

Mindfulness

Focusing your attention on the present moment

Materials

Module

Whiteboard or chart paper

Strategy/scenario cards

Paper or mini whiteboards

Instructional Notes

Students may believe rereading is the best way to study. Emphasize that effortful thinking, especially trying to recall information, leads to stronger learning. Reinforce that mistakes are part of the learning process when feedback follows.



Learning Experience		
8 min	Opening	Present two study approaches: • Student A rereads notes multiple times • Student B closes notes and recalls from memory, then checks Prompt students: “Who will remember more tomorrow? Why?” (Students choose first, then justify) Then briefly guide: “What is each student actually doing, and which requires more thinking?” Students: • Choose a strategy and justify their decision • Explain results using evidence Sentence frame: I think _____ will remember more because _____.
15 min	Module	Focus: • Why trying to remember strengthens learning • Differences between active recall and reviewing • How focus and attention affect learning • How switching thinking helps learning Quick checks: • Write one strategy that requires active thinking • Share how it helps learning
15 min	Application	Give each group a set of study strategies Direct students: Rank strategies from most → least effective and be ready to justify your top choice using what you learned from the module. Provide scenario: “You have a test tomorrow. Create a 1-hour study plan.” Students: • Rank strategies as a group • Select top strategies • Create a short study plan • Explain why their choices will help learning Sentence frame: This strategy is effective because _____.
2 min	Reflection	What is one study habit you will change, and how will it help your brain learn better?
2 min	Career Connections	Professionals in fields like healthcare must remember and apply information quickly and accurately. They rely on strategies like active recall and focused attention to learn efficiently. Building these habits now helps students succeed in demanding careers.