

April 20, 2018

Dear Parent

Learning is defined as 'acquisition' of knowledge or skills through study, experience or being taught' (Oxford Dictionary). Though it is debatable whether learning itself is a skill or not, for the purpose of this discussion we will consider it a 'cognitive skill' and see how we can help our children 'acquire' this important study skill. Proper planning, revision and practice are some of the important factors which help in learning and retention.

Acquisition of the skill requires proper mentoring and monitoring. Few pointers which can be used in helping your wards in mastering the skill of learning are:

1. **Proper planning and scheduling** - Proper planning sets the goal to be achieved in the desired time. Studies too suggest the same. 'Successful learning requires that students be motivated to achieve the desired learning goals (Lee & Hao, 2015)'. Research indicates that 'not all students can develop an effective path that is beneficial to learning on their own (Lee, Cheng, Rai, & Depickere, 2005)'. Your wards will require help in setting goals. Such help will go a long way in helping them to succeed and become better learners.
2. **Proper and well-spaced revision** - It is a well-known fact that proper revision of the content learned helps in retaining the knowledge for longer duration. Revision, when done scientifically is more effective. Hermann Ebbinghaus in his book *Memory: A Contribution to Experimental Psychology* has observed that when revision of the topic studied is spaced over a period of time, learning is more active. This phenomenon is known as the 'spacing effect'. This further goes on to explain why intense study before the examination doesn't have favourable effect. [You may refer to the video <https://www.youtube.com/watch?v=cVf38y07cfk> and <https://www.youtube.com/watch?v=76WwN8eutpw&t=14s> to get the better idea of this phenomenon].
3. **Practice/revision tests on regular basis** –Practice questions/homework assignments provide a good starting point for testing your wards. Encourage the testing after every revision cycle.

Let's join hands together to help learning an enjoyable experience for the young learners.

Best wishes



Surender P Sachdeva

Principal