

## Work Your Mind

*Figuring something out on your own may be the best way to learn.*

April 26, 2017

By Anne Murphy Ford and Stephanie Koebe

Adapted from [www.smithsonian.com](http://www.smithsonian.com)

Here's something to think about the next time you ask your teacher for help struggling with homework: on your own can help you learn. According to a recent study, the more you struggle while you are learning new information, the better you can remember it later.

This theory might surprise you. When teachers are presenting new information, they generally give students lots of help. But a new study shows this may not be the best way to support learning. "Don't be too quick to get help when learning something new," education expert Maria Kapur told TIME. "Try to work on it yourself even if it means trying different ways."

### How to Learn

Kapur came up with the idea that struggling can lead to better learning. Then he tested it out on students in Singapore. He separated students into two groups. In the first group, students were asked to solve math problems with the teacher's help. In the second group, students were asked to solve the same problems by helping one another, instead of getting help from the teacher.

With the teacher's help, students in the first group were able to find the correct answers. Students in the second group did not solve the problems correctly. But they did come up with a lot of good ideas.

The students were then tested on what they had learned. The group without any help from a teacher scored much higher than the group who had help. Kapur said working to find the answers helped students understand the process, not just the solution.

Kapur's advice for kids is to put a lot of effort into learning something new rather than going to your teacher for help. "Simply doing a little work or nothing at all won't work," says Kapur. "The struggle needs to be a genuine attempt to figure out or solve a problem in as many ways as possible."

1. Find and record the generalization in paragraph 2. What clue word signals that this statement is a generalization? \_\_\_\_\_  
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2. Using your previous experiences in school for background information, would you consider the generalization you chose in question one to be valid or faulty? Why? \_\_\_\_\_  
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3. This article discussed Kapur's studies about student learning. Write a valid generalization about what Kapur found in his studies. (Hint: Reread paragraph 5.) \_\_\_\_\_  
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# Stretching Ourselves Study Guide

**Jiben Roy**



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## Table of Contents Stretching Ourselves Study Guide

1. Understanding the eBook Stretching Ourselves Study Guide
  - The Rise of Digital Reading Stretching Ourselves Study Guide
  - Advantages of eBooks Over Traditional Books
2. Identifying Stretching Ourselves Study Guide
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Stretching Ourselves Study Guide
  - User-Friendly Interface
4. Exploring eBook Recommendations from Stretching Ourselves Study Guide
  - Personalized Recommendations
  - Stretching Ourselves Study Guide User Reviews and Ratings
  - Stretching Ourselves Study Guide and Bestseller Lists
5. Accessing Stretching Ourselves Study Guide Free and Paid eBooks
  - Stretching Ourselves Study Guide Public Domain eBooks
  - Stretching Ourselves Study Guide eBook Subscription Services
  - Stretching Ourselves Study Guide Budget-Friendly Options
6. Navigating Stretching Ourselves Study Guide eBook Formats
  - ePub, PDF, MOBI, and More
  - Stretching Ourselves Study Guide Compatibility with Devices
  - Stretching Ourselves Study Guide Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Stretching Ourselves Study Guide
  - Highlighting and Note-Taking Stretching Ourselves Study Guide
  - Interactive Elements Stretching Ourselves Study Guide
8. Staying Engaged with Stretching Ourselves Study Guide

- Joining Online Reading Communities
- Participating in Virtual Book Clubs
- Following Authors and Publishers Stretching Ourselves Study Guide
- 9. Balancing eBooks and Physical Books Stretching Ourselves Study Guide
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Stretching Ourselves Study Guide
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Stretching Ourselves Study Guide
  - Setting Reading Goals Stretching Ourselves Study Guide
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Stretching Ourselves Study Guide
  - Fact-Checking eBook Content of Stretching Ourselves Study Guide
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
- 14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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