



AllWell? Tool to support successful learning

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Program for the next 30 minutes

- Introduction to AllWell-tool
- Introduction to the most important factors that are related to successful studying
- Introduction to methods to enhance successful studying

Write down (few minutes)

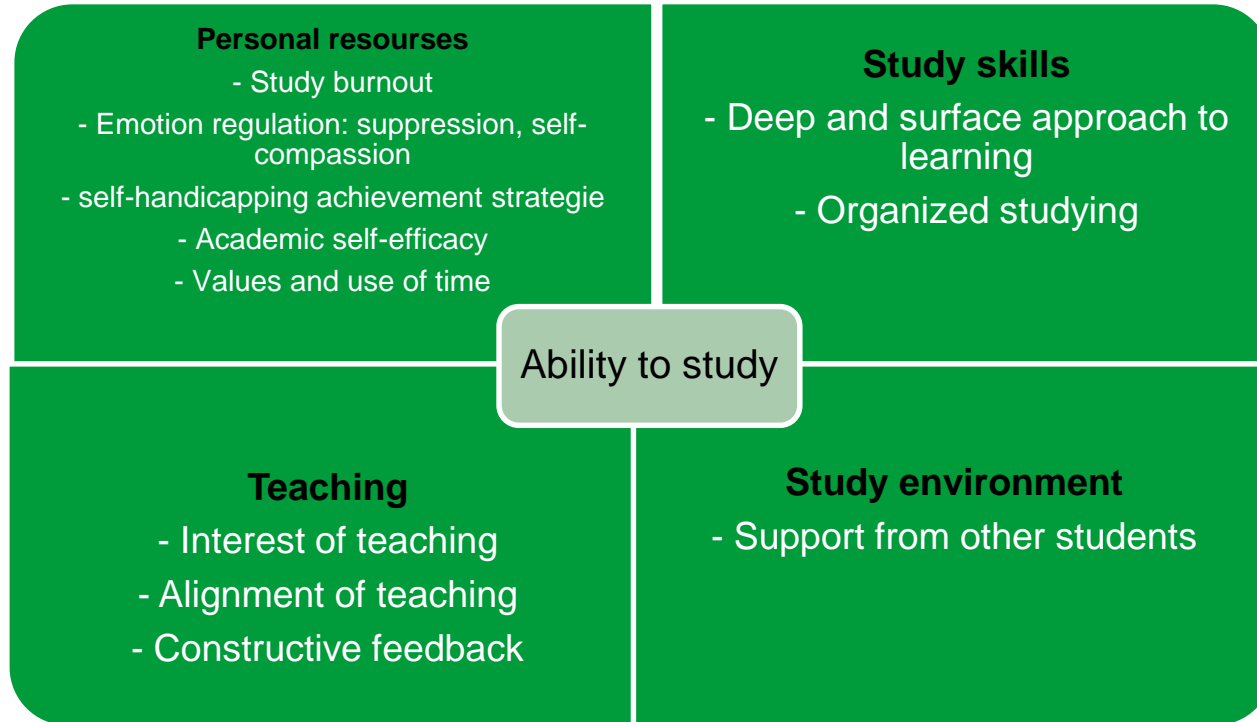
- Make one question for this lesson that is related factors of successful studying.
 - For example: what is the most important factor of successful learning?
- Answer to this question
 - For example: The most important factor is... because...
 - You don't have to know the answer, just guess!



- tool

- Success of students is one of the strategic objectives at Aalto University 2016-2020 and AllWell?-tool is part of the project
 - AllWell?-tool consist of questionnaire, feedback and actions to improve learning experience
 - On basis of the questionnaire
 1. Students will get individual feedback on their studies and wellbeing and how they can develop for example their study technic and time / stress management skills.
 2. Schools and programs will get information on students and can develop teaching and guidance
- Scientific research is possible on the basis of the data.

AllWell?-questionnaire. What is measured and supported?



**Why these areas are
measured?**

**Because they are the most
important factors that affect
successful studying**



Aa

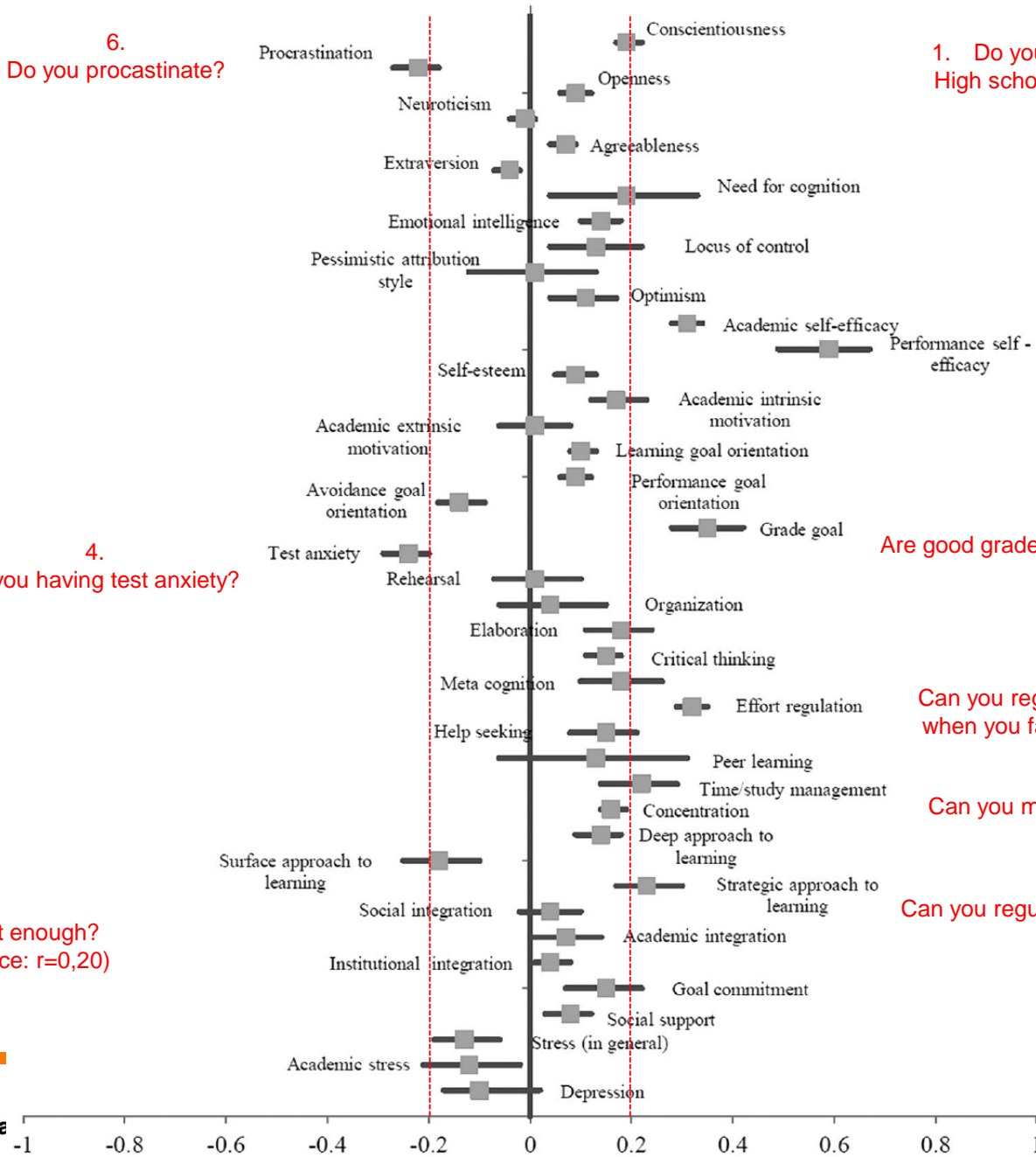


Figure 1. Results of the primary meta-analyses for the non-intellective correlates of GPA: r^+ and 95% confidence intervals.

6. Do you procrastinate?

4. Are you having test anxiety?

8. Are you smart enough?
(Test intelligence: $r=0,20$)

1. Do you have enough prior knowledge?
High school GPA: $r=0,40$ and see Hailikari 2009.

1. Do you trust yourself as a learner?

2. Are good grades important for you?

3. Can you regulate your effort when you face challenges?

7. Can you manage your time?

5. Can you regulate your learning technique?

Richardson et al. 2012
Psychological Correlates of University Students' Academic Performance: Meta-analysis

Which factors are most important?

1. Students prior / grounding knowledge and self-efficacy
2. Motivation to be or become successful
3. Emotion regulation skills
4. Skills to regulate learning technique
5. Time management and being productive (not to procrastinate) skills

Three ways to ensure successful studying

1. Choose students who have these skills / qualities
2. Teach these skills to students
3. Modify learning environment to support possible shortcomings of these skills / qualities

Teach these skills to students

The most effective study techniques

Technique

1. Practice testing
2. Distributed practice
3. Elaborative interrogation
4. Self-explanation

How to use it?

1. Make students to formulate short exams for themselves or other students and to answer them
2. Make students to revise over and over again.
3. Make students to ask why questions and make explanations!
4. Make students to write or talk what new have they learned!

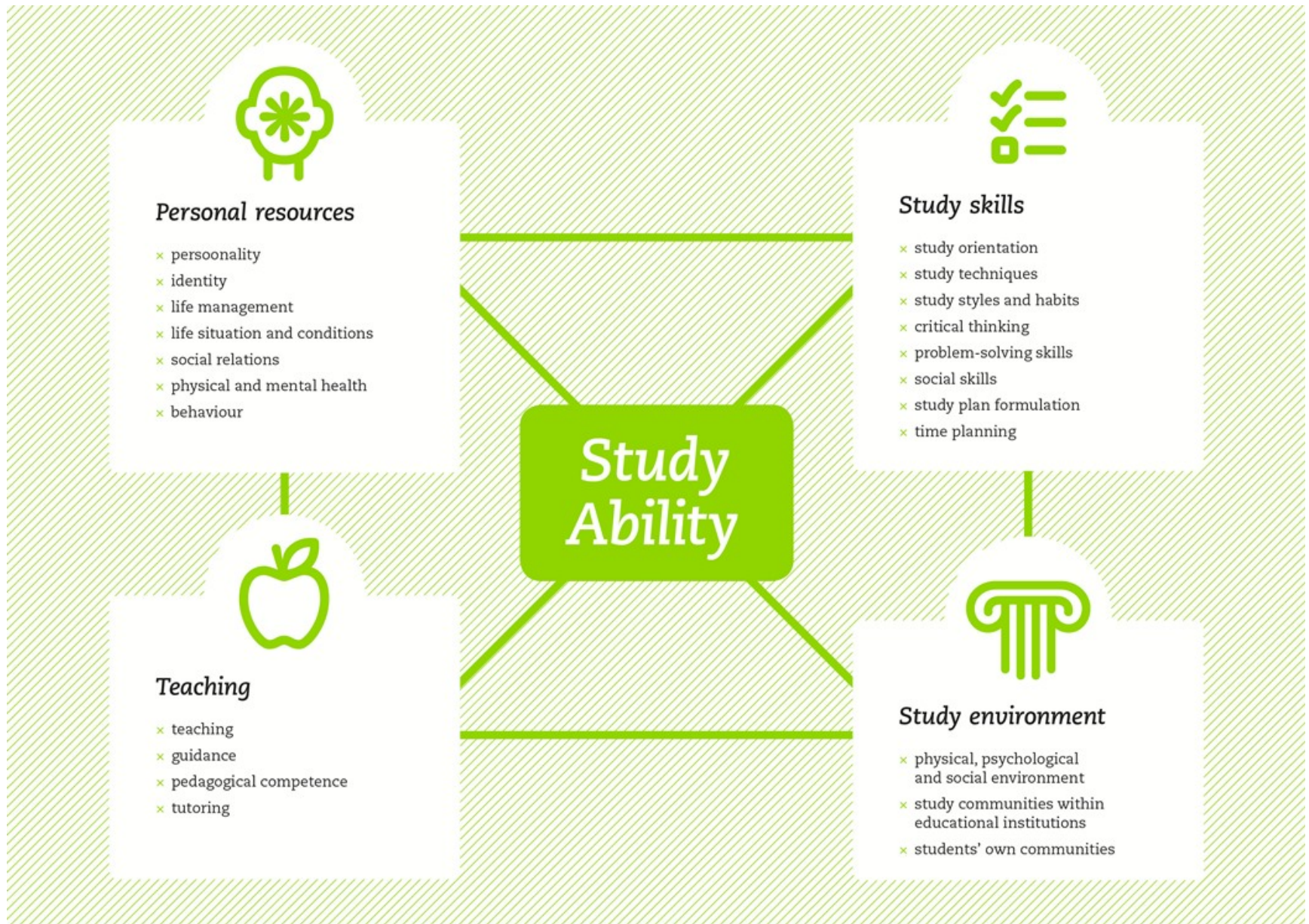
Self-explation and self testing

- Did you find new knowlegde regarding to your own question?

Thank you



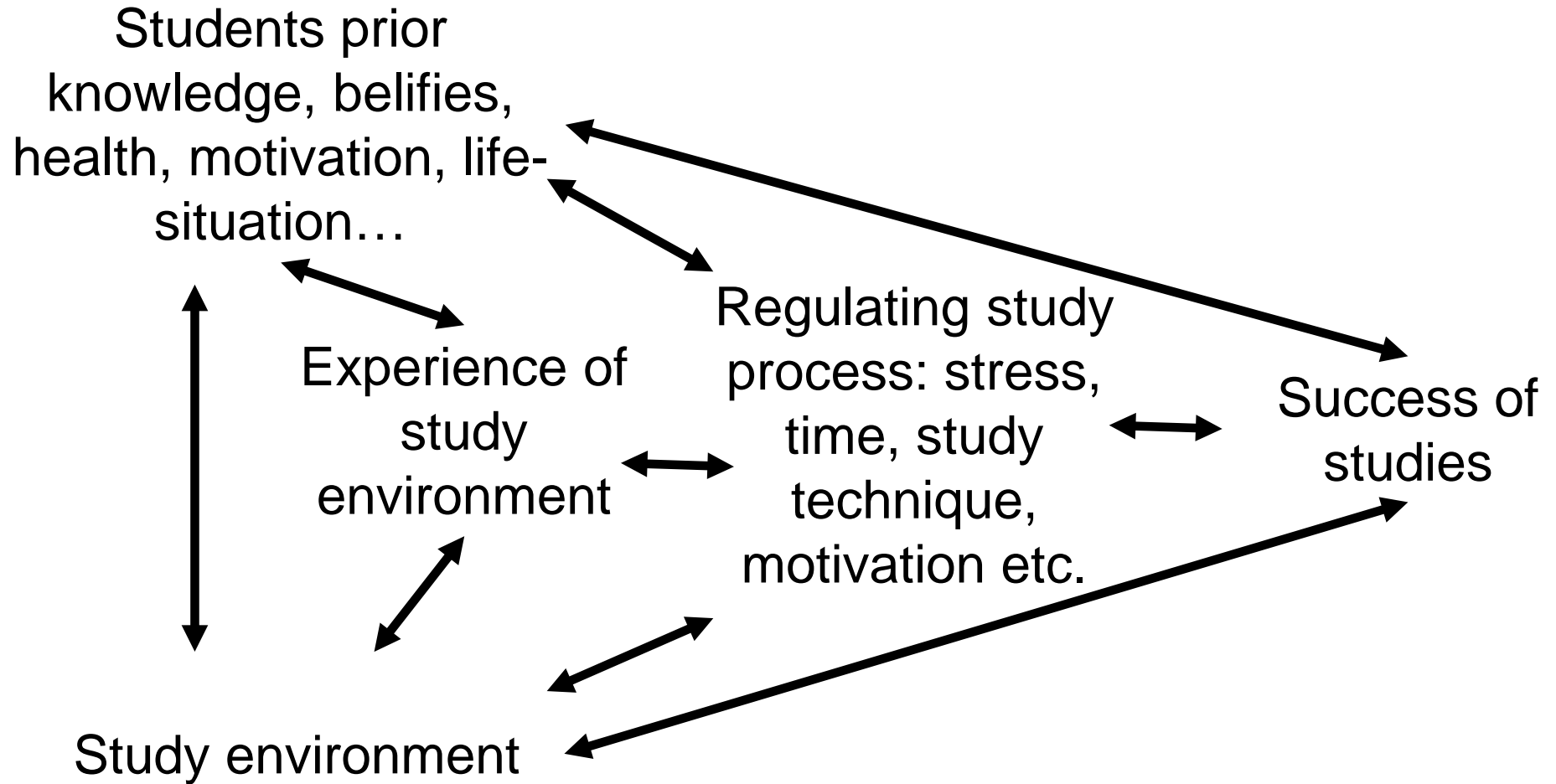
Models of successful learning

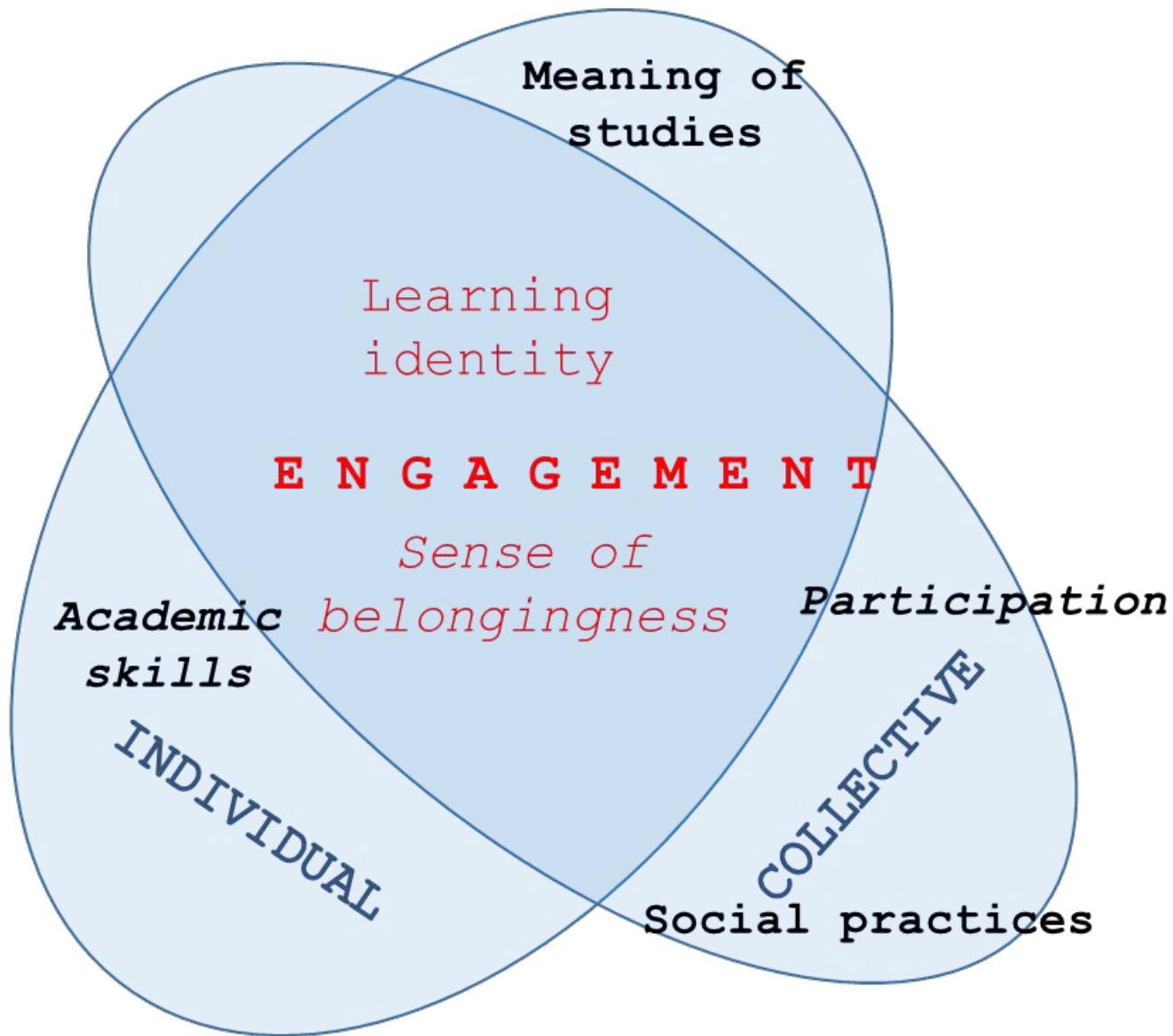


PREMISES

PROCESS

OUTCOMES





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