

Summary of the sixth meeting: HOW TO IMPROVE YOUR LEARNING METHOD.

Learning has always been connected to human life, as it is the case with motor learning, language learning and specific behaviours. Several theories have tried to explain how human learning acquisition works and how it can be managed by human beings. According to the cognitive perspective, since knowledge acquisition is positive and active, all those processes of information processing that are subject to performing complex cognitive activities, such as understanding, remembering, reasoning, problem solving, are to be considered. The social perspective, which estimates the importance of the context where learning is taking place, is also important. By filling in a survey inquiring about learning styles, during this meeting every individual can explore their most frequently used strategies and learn some new ones, to be experimented during the future training activities, in order to perform better. “Best practice” for studying at university will also be explored, so that everyone can feel inspired to consider their own habits and make any eventual changes, such as taking notes and acquire information, enhancing the reasoning and the intra-individual study. Moreover, for those who will have attended the whole cycle of meetings, this meeting offers the possibility to make use of the knowledge and strategies acquired during the previous meetings in terms of succeeding at university, which is one of most significant goals for any student.

