

## How We Learn and How We Teach

- ✚ Think about the most important lessons learned in life.
- ✚ Write one on the front of six index cards.
- ✚ On the back write as much you can remember about the circumstances surrounded that event.
- ✚ Looked for patterns—things those learning events had in common.
- ✚ Where did they happen? In school or in less formal settings? How many involved teachers? What kind of feelings accompanied the learning? Was the learning hard? Was it planned or did it evolve out of unexpected circumstances? How often was the learning about correcting a misunderstanding, gaining a new insight, or deepening a current understanding?

The index card activity is a great exercise. It's a way to get thinking about the kind of learning that lasts...thinking about the implications of how we've learned in terms of how we could or should teach.

By Maryellen Weimer, PhD, reference: White, Harold B. (2013). Do you teach the way you learn? *Biochemistry and Molecular Biology Education*, 41 (3), 187-188.