Common Learning Traps

1. THE ILLUSION OF KNOWING
   The concept, simply put, is when a person believes they understand or remember information when in fact comprehension has not been achieved.

2. RELYING ON ONE "LEARNING STYLE"
   It's a common belief that we each have one preferred "learning style". However, if a person believes they ONLY can learn via one approach, it creates barriers to learning.

3. THE MYTH OF MULTITASKING
   Have you ever tried to have a conversation with someone while simultaneously texting or writing an email? Our brains actually do not have the ability to fully attend to more than one cognitive task.

4. CRAMMING FOR EXAMS
   "Cramming" involves trying to take in lots of information in a short amount of time. In terms of learning, it just doesn't work! The brain can only hang onto a small number of facts or thoughts at a time.

5. SELF-BARGAINING
   Sometimes the response is for the learner to "bargain", such as, "I only need to get a C". This becomes a pitfall because it often means the learner is guessing what is "most important" to learn.