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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.

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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.

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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.

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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.

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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.

Common Learning Traps

