SOCIAL SCIENCE
RESEARCH ON LEARNING

Cognitive research is revealing that even with what is taken to be good instruction, many students, including academically talented ones, understand less than we think they do. With determination, students taking an examination are commonly able to identify what they have been told or what they have read; careful probing, however, often shows that their understanding is limited, or distorted, if not altogether wrong. This finding suggests that parsimony is essential in setting out educational goals: Schools should pick the most important concepts and skills to emphasize so that they can concentrate on the quality of understanding rather than on the quantity of information presented.

What Students Learn Is Influenced by Their Existing Ideas

People have to construct their own meaning regardless of how clearly teachers or books tell them things. Mostly, a person does this by connecting new information and concepts to what he or she already believes. Concepts–the essential units of human thought–that do not have multiple links with how a student thinks about the world are not likely to be remembered or useful. Or, if they do remain in memory, they will be tucked away in a drawer labeled, say, "US History course, 1995," and will not be available to affect thoughts about any other aspect of the world. Concepts are learned best when they are encountered in a variety of contexts and expressed in a variety of ways, for that ensures that there are more opportunities for them to become imbedded in a student's knowledge system.

But effective learning often requires more than just making multiple connections of new ideas to old ones; it sometimes requires that people restructure their thinking radically. That is, to incorporate some new ideas, learners must change the connections among the things they already know, or even discard some long-held beliefs about the world. The alternatives to the necessary restructuring are to distort the new information to fit their old ideas or to reject the new information entirely. Students come to schools with their own ideas, some correct and some not, about almost every topic they are likely to encounter. If their intuition and misconceptions are ignored or dismissed out of hand, their original beliefs are likely to win out in the long run, even though they may give the test answers their teachers want. Mere contradiction is not sufficient; students must be encouraged to develop new views by seeing how such views help them make better sense of the world.

Progression in Learning is Usually From the Concrete to the Abstract

Young people can learn most readily about things that are tangible and directly accessible to their senses–visual, auditory, tactile, and kinesthetic. With experience, they grow in their ability to understand abstract concepts, manipulate symbols, reason logically, and generalize. These skills develop slowly, however, and the dependence of most people on concrete examples of new ideas persists throughout life. Concrete experiences are most effective in learning when they occur in the context of some relevant conceptual structure. The difficulties many students have in grasping abstractions are often masked by their ability to remember and recite technical terms that they do not understand. As a result, teachers–from kindergarten through college–sometimes overestimate the ability of their students to handle abstractions, and they take the students' use of the right words as evidence of understanding.

People Learn to Do Well Only What They Practice Doing

If students are expected to apply ideas in novel situations, then they must practice applying them in novel situations. If they practice only calculating answers to predictable exercises or unrealistic "word problems," then that is all they are likely to learn. Similarly, students cannot learn to think critically, analyze information, communicate ideas, make logical arguments, work as part of a team, and acquire other desirable skills unless they are permitted and encouraged to do those things over and over in many contexts.

Effective Learning by Students Requires Feedback

The mere repetition of tasks by students–whether manual or intellectual–is unlikely to lead to improved skills or keener insights. Learning often takes place best when students have opportunities to express ideas and get feedback from their peers. But for feedback to be most helpful to learners, it must consist of more than the provision of correct answers. Feedback ought to be analytical, to be suggestive, and to come at a time when students are interested in it. And then there must be time for students to reflect on the feedback they receive, to make adjustments and to try again–a requirement that is neglected, it is worth noting, by most examinations–especially finals.

Expectations Affect Performance

Students respond to their own expectations of what they can and cannot learn. If they believe they are able to learn something, whether solving equations or riding a bicycle, they usually make headway. But when they lack confidence, learning eludes them. Students grow in self-confidence as they experience success in learning, just as they lose confidence in the face of repeated failure. Thus, teachers need to provide students with challenging but attainable learning tasks and help them succeed.

What is more, students are quick to pick up on the expectations of success or failure that others have for them. The positive and negative expectations shown by parents, counselors, principals, peers, and–more generally–by the news media affect students' expectations and hence their learning behavior. When, for instance, a teacher signals his or her lack of confidence in the ability of students to understand certain subjects, the students may lose confidence in their ability and may perform more poorly than they otherwise might. If this apparent failure reinforces the teacher's original judgment, a disheartening spiral of decreasing confidence and performance can result.

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