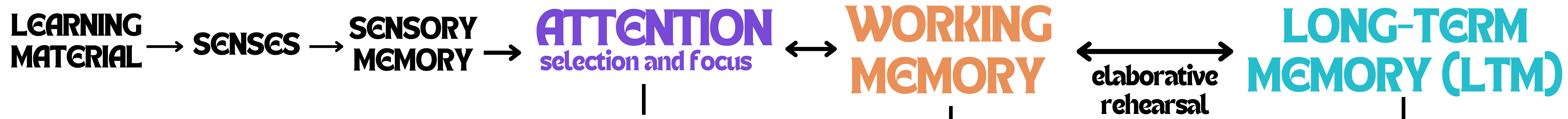


Choke Points and Pitfalls in Learning



Pitfall:
Multitasking and distractions greatly reduce learning
Solution:
Remove distractions in order to study with full focus

Choke Point:
Mental effort or concentration is a limited resource
Solution:
Overlearning and practice to make knowledge automatic

Choke Point:
Working Memory has a limited capacity of about 4 chunks of information
Solution:
Chunking - organize information into large chunks

Pitfall:
People are often overconfident when judging their level of understanding (metacognition)
Solution:
Find ways to assess your understanding, use feedback to regulate your learning

Choke Point:
Forgetting occurs in Working Memory and LTM
Solution:
Distinctive, overlearned memories resist interference

Chew (2021)

