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5 Research-based Strategies for Language Learning

Cognitive Principles for Improving Memory and
Learning

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Foreign Service Institute

*Based on material developed by Dr. Henk Haarmann, University of MD

Bosnian - English Word Pairs

patka	duck	snijeg	snow
rasti	to grow	krevet	bed
brat	brother	drvo	tree
nebo	sky	auto	car
sin	son	mlijeko	milk
hodati	to walk	letjeti	to fly
kopati	to dig	jabuka	apple
cesta	road	ograda	fence
let	flight	kuhati	to cook
budala	fool	nokat	nail

Bosnian - English Word Pairs

?	duck	snijeg	?
?	to grow	krevet	?
?	brother	drvo	?
?	sky	auto	car
?	son	mlijeko	milk
?	to walk	letjeti	to fly
?	to dig	jabuka	apple
?	road	ograda	fence
?	flight	kuhati	to cook
?	fool	nokat	nail

ENCODING



A look at a study by Jeffrey D. Karpicke and Henry
Roedigger
Swahili-English word pairs



1 Massed vs Spaced Practice

AABCD

BABCD

CAABCD

DABCD

1 Massed vs Spaced Practice

ABCDAACBC DABDACBD

Initially all groups studied the entire list and were tested, then:

- a) **ST**: studied the entire list and were tested after each study time.
- b) **S_NT**: once a word pair was recalled correctly, it was dropped from study periods, but was kept in the testing.
- c) **ST_N**: word pairs recalled correctly were retained for study, but no longer tested.
- d) **S_NT_N**: word pairs recalled correctly were no longer studied or tested.

Groups were tested three more times on the day of the experiment

At the end of the day the results were....



SUCCESS

SUCCESS

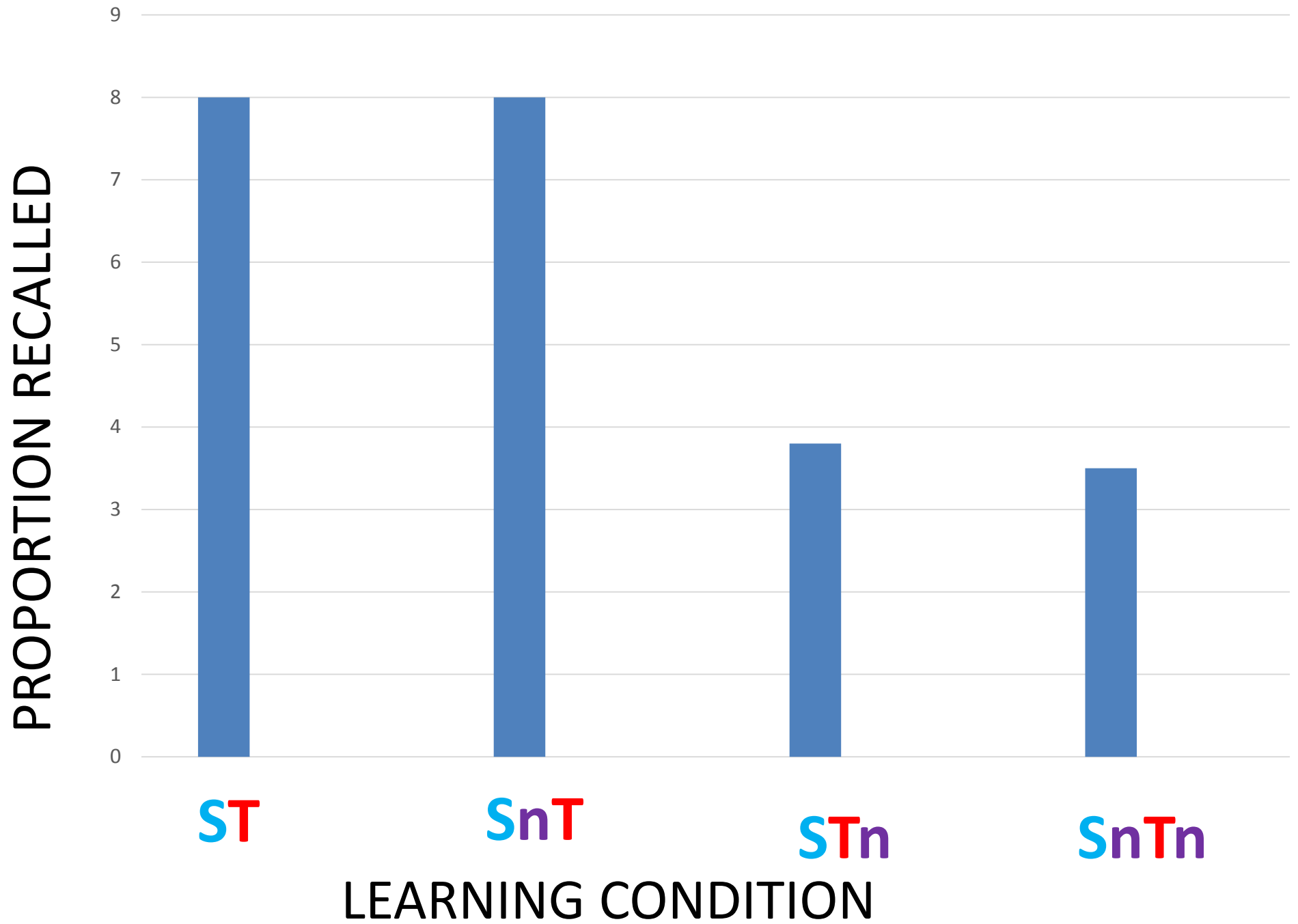


One week later....



REMINDER OF THE GROUPS:

- a) **ST**: studied the entire list and were tested after each study time.
- b) **S_NT**: once a word pair was recalled correctly, it was dropped from study periods, but was kept in the testing.
- c) **ST_N**: word pairs recalled correctly were retained for study, but no longer tested.
- d) **S_NT_N**: word pairs recalled correctly were no longer studied or tested.

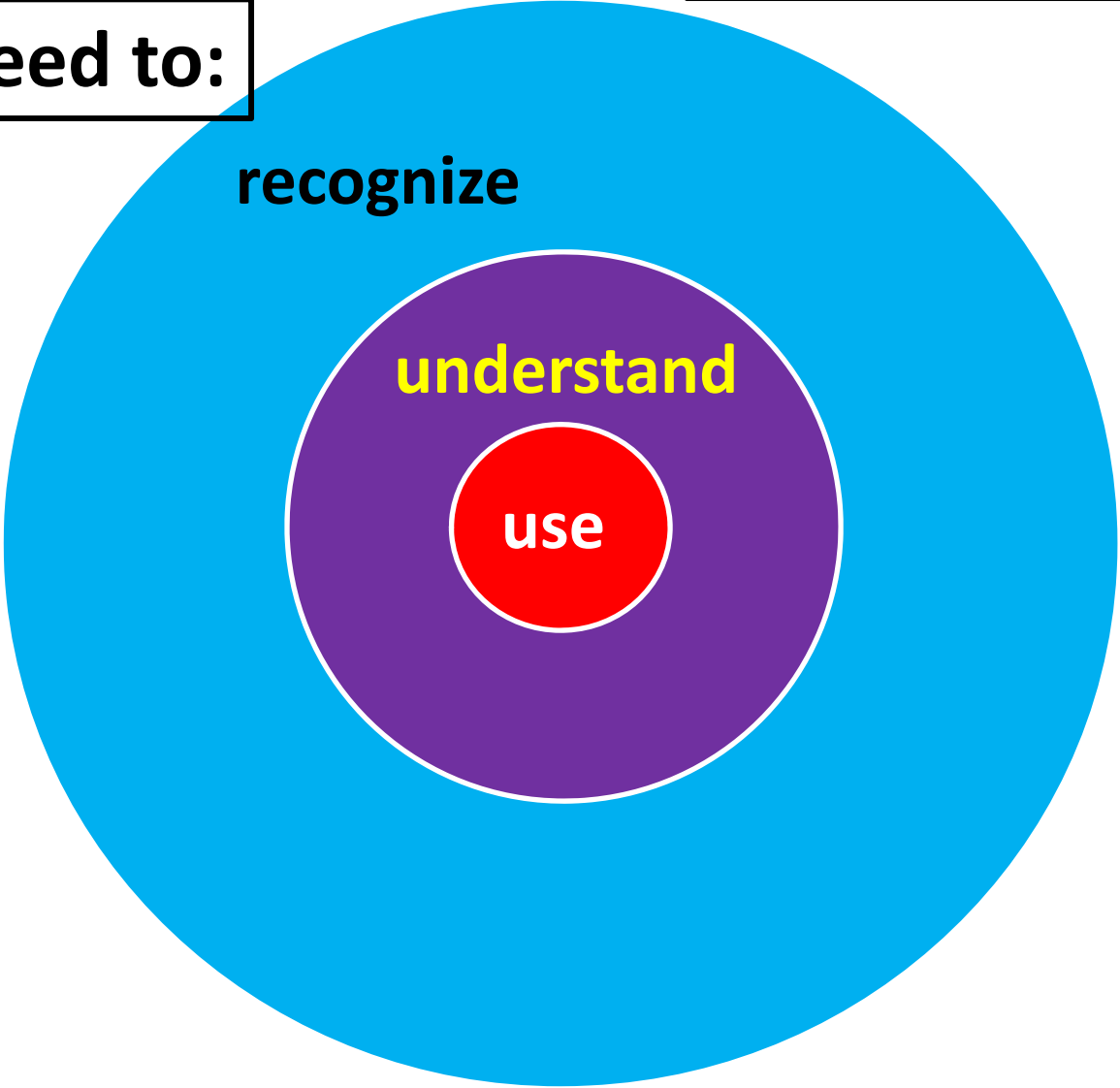




2 EFFORTFUL RETRIEVAL

Vocabulary Priorities

Words I need to:



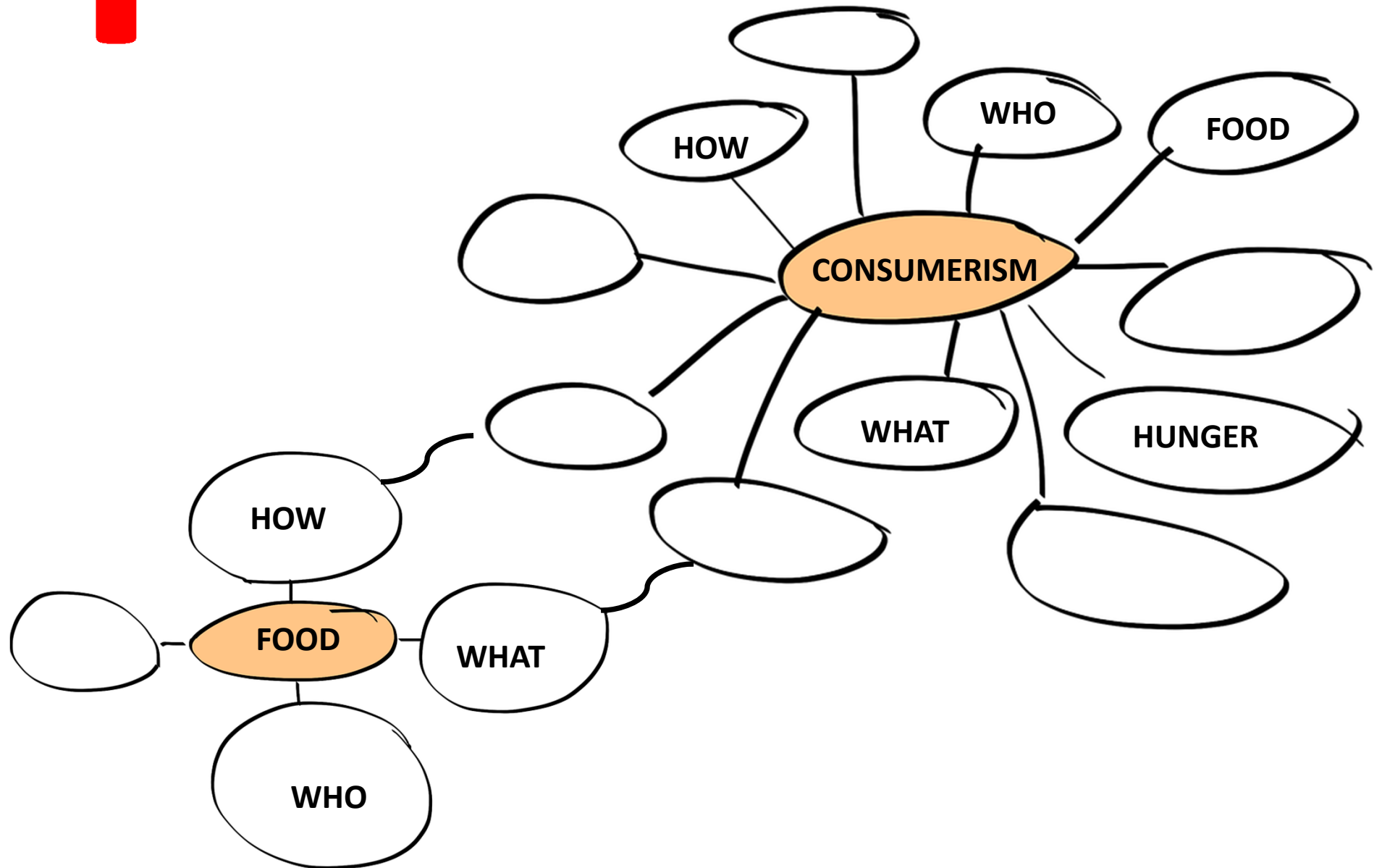


3

ATTENTION

4

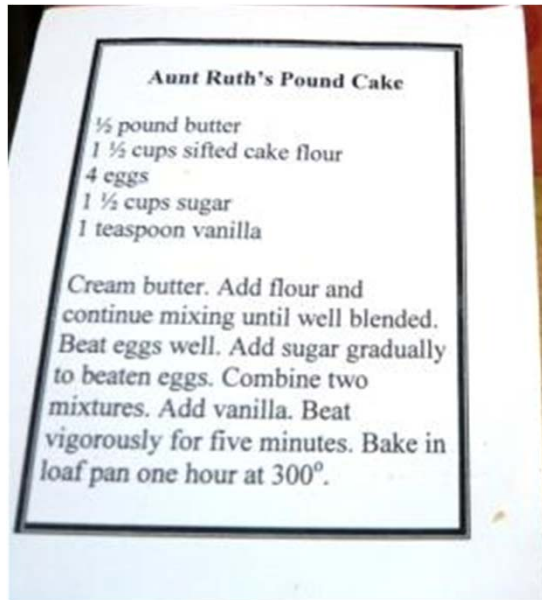
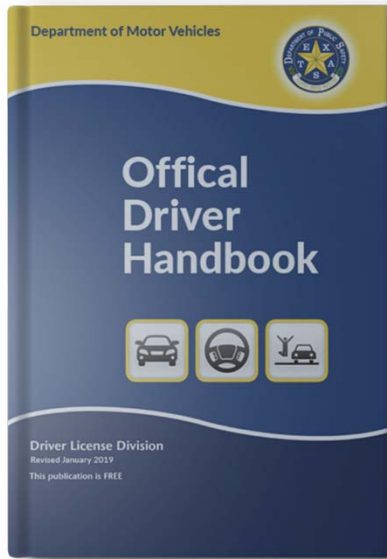
ELABORATION





How many windows
are in your home?

D
E
C
L
A
R
A
T
I
V
E



P
R
O
C
E
D
U
R
A
L



5

BUILD

PROCEDURAL KNOWLEDGE



Three Strategies for Building Procedural Knowledge

1.Re-read

2.Re-tell (Record and Review)

3.Re-listen/watch



Cognitive Principles for Improving Memory and Learning

- 1** Repetition and Spacing
- 2** Effortful Retrieval (vs Passive Study)
- 3** Attention
- 4** Variation and Elaboration
- 5** Building Procedural Knowledge