2024 EDITION!

TEACHING & LEARNING CONFERENCE TIPS

NDSU | OFFICE OF TEACHING AND LEARNING

These tips are grounded in high-leverage practices you can incorporate into your class. These tips are taken from the sessions offered in the 2024 Teaching and Learning Conference. References and citations for any data or statistics listed here can be found in the videos posted on our YouTube channel at www.youtube.com/c/ndsuotl.

What Are High-Leverage Practices?
High-leverage practices are research-based and foster student engagement and learning; they are broadly applicable and usable across disciplines.

Metacognitive Reflection
Provide students with opportunities to plan for their learning, monitor their understanding, and evaluate their thinking.

Share with students how engaging in metacognitive reflection promotes their learning. Repeat frequently!

Introduce students to evidence-based learning practices, like retrieval practice, space practice, interleaving, elaboration, and concrete examples.

Reflective Practice
Ask students to regularly reflect on their learning journey, focusing on what they have learned, how they have applied the knowledge, and their personal growth. These reflections can be powerful tools for both the student and teacher to gauge progress and development.

Cultivate a Growth Mindset Classroom Culture
Create an environment that prioritizes growth, effort, and learning over final outcomes and grades.

Normalize Challenges and Failures
Teach students that challenges and failures are integral parts of the learning process.

Space Out The Learning
Encourage students to space out their learning and avoid cramming. Spacing out learning is more effective and efficient in the long run. You can build spacing into your courses by delaying homework assignments, quizzes, or practice so that students learn about a topic in class, and then some time passes (e.g., a few days or weeks) before students practice with the content through assignments later.

Practice Retrieval
Create opportunities for students to practice retrieval, or bring information to mind from their memory. Retrieval practice is effective and efficient at promoting long-term, durable learning. Give students low- or no-stakes practice quizzes, and include questions that requires them to think back to older content to encourage spaced retrieval practice.

Reduce Test Anxiety
Encourage retrieval practice to reduce test anxiety. Research has shown that practicing retrieval can actually help decrease test anxiety. Free writing about their anxiety related to tests or quizzes can also alleviate test anxiety for students.

The Influence of Cognitive Biases
Acknowledge the influence of cognitive biases on student learning and decision-making, but also recognize your power to navigate them.

Cultivate a Learning Environment
Cultivate a learning environment that supports reflection on reasoning and rationale, especially for common misconceptions that influence how students apply class concepts to every day life.

Frame Your Lessons
Frame the main points of your lesson to align with students' currently held mental constructs and motivations so they can be more easily learned and applied to daily decisions.

Help Student Understand Their Worth

Help students understand that they are worthy and interconnected with each other and the world. People thrive when they are in good relationships and their environments, and understand they have worth simply as they are.

Create Just And Equitable Learning Environments

Create a just and equitable learning environment: do all students in your classroom feel acknowledged and accepted for who they are, including their race, gender, sexuality, socioeconomic status, religion, language, etc.?

- Create opportunities for everyone to participate without barriers.
- Endeavor to create a space of belonging for your students.
- Consider whether your pedagogy and curriculum consider diverse approaches and are culturally responsive.

Create Lessons For K12 Students

Adding an assignment where college students create lessons for K12 students can increase their scientific identity, encourage skills not typically assessed in a college classroom (like creativity and artistry), and set the stage for community and school involvement.

Make sure to guide the college students in how to structure a lesson well by giving them an outline: introduction, visual aid, hands-on activity, and assessment of the elementary students.

Facilitate reflection about the activity after it is complete, and tell your students why you are providing them with this opportunity and what you hope they will gain from it.

Student Engagement

Using technology as a teaching tool may result in higher levels of student engagement.

Informally Assess Students

Adopting a class starter creates opportunities to informally assess students' learning and strengthen faculty relationships.
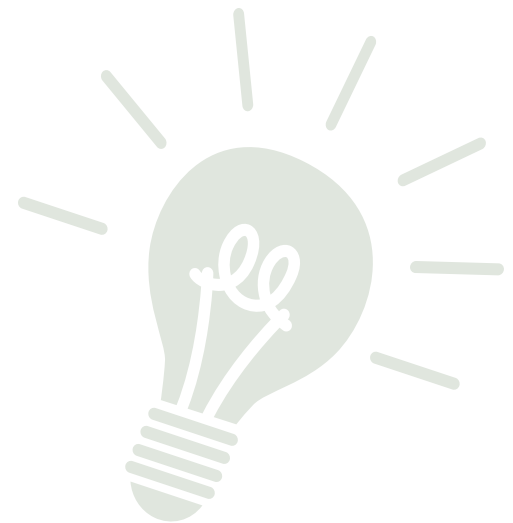
Use Case Studies

Effectively using case studies in the classroom can enhance critical thinking and communication skills.

Understand Teacher Development

Teacher development is a process.

Teacher development impacts the implementation of high-leverage teaching practices.

Teacher burnout impacts development.