

APRIL 4, 2022

## How Can I Use Microactivities to Engage Students and Improve Learning and Retention?



While metacognition might seem like a buzzword in education, it is truly a key to learning and student success and, in turn, retention. Books like *Visible Learning and the Science of How We Learn*, *Make It Stick*, and *Small Teaching*, as well as many articles, emphasize the importance of techniques teachers at all levels can use to help students learn.

This 20-Minute Mentor explains, through the lens of the literature, how the brain processes information and identifies why microactivities are a great method of formative assessment to check in with your students learning and move information closer to long-term memory. Receive multiple ideas for

microactivities to use in class, when to schedule these activities, and how to integrate them with the course.

### Upon completion of this program, you'll be able to:

- Define metacognition and explain its role in learning
- Describe how the brain retains and memorizes information
- Identify how microactivities might be integrated into your class
- List tips for how to best develop and integrate microactivities into a course



Available from  
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