

# Three Cognitive Psychology Principles to Promote Language Learning

*Saturday, 27 July 2024 15:55 (1 hour)*

Keeping students' learning in the focus, teachers with better understanding of how learning and memory work can apply strategies informed by cognitive psychology to help their students to learn English even better. This workshop will be beneficial to teachers of teenagers and young adults with adoptions of Content and Language Integrated Learning (CLIL) or teachers of high-stake tests like IELTS or TOEFL. This workshop will briefly introduce three Cognitive Psychology principles namely Elaboration, Retrieval-Spaced practice and Interleaving and how they can be translated into simple classroom strategies regarding course schedules, syllabi, lead-in activities, feedback, test and assignments. Participants are then divided into different groups based on their teaching contexts to discuss how each principle can be applied to their own language class. Participants also have opportunities to discuss some learning myths such as repetitive practice, learning one-thing-at-a-time, errorless learning. After this workshop, being equipped with research-based and tested knowledge about cognitive activities, participants can reflect on their own practice and tailor their current classroom teachings to best serve learning.

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**Session Classification:** Workshops

**Track Classification:** Teaching Methods and Applied Linguistics