



Active vs. Passive Learning: Which Is Better for Retaining Information?

By: Emma Millie

INTRODUCTION

When it comes to learning, there is not a defined way we all learn. There are a lot of different methods and ways we learn about the world. Some of us find it easier to study and read a lot about a particular subject and then teach it to others, or maybe just study for a whole afternoon and then take a good nap to absorb all the knowledge. In this guide, you will find the differences, benefits and tips of active and passive learning.

These tips can help you better comprehend and find a new way of learning that fits YOU.

WHAT IS ACTIVE AND PASSIVE LEARNING?

Active Learning

What is it?	Benefits	Study Routine
<p>Active learning methods ask students to engage in their learning by thinking, discussing, investigating, and creating. With this method, students practice skills, solve problems, struggle with complex questions, make decisions, propose solutions, and explain ideas in their own words through writing and discussion.</p>	<p>When students are actively involved in the learning process, they are more likely to be <i>interested</i> and <i>motivated</i> to learn.</p> <p>Active learning techniques help keep students engaged and reduce the chances of them becoming bored or disengaged.</p> <p>Students are encouraged to analyze information, connect ideas, and form their own opinions and arguments.</p>	<p>Set a Goal (5 min): Define what you want to achieve in your study session</p> <ol style="list-style-type: none"> 1. Teach It (15 min): Explain concepts out loud as if teaching someone else (it can be a friend, your pet or even a teddy bear). 2. Use Active Recall (20 min): Quiz yourself without looking at notes to see what you remember. 3. Apply the Knowledge (20 min): Solve problems, create mind maps, or write summaries that engage with the material. 4. Mix It Up (10 min): Change topics or study methods to keep engagement high. 5. Reflect & Review (10 min): Summarize key points and plan for the next session.

Passive Learning

<p>What is it?</p>	
<p>Passive learning is a traditional teaching method where students primarily receive information from the teacher or instructor and internalize it, often through lectures, readings, or videos, with minimal active participation.</p>	<p>This means you as the student will attend a professor's lecture and then internalize the material through re-reading notes or highlighting large chunks of information when reviewing. However, this often leads to a very surface-level understanding of the key concepts, creating an <u>"illusion of knowledge."</u> This means you think you are familiar with the material because you have been exposed to it several times. In reality, you have done little to no further analysis on what you just learned, and <u>the information is not stored in your long-term memory for you to recall during an exam.</u></p>
<p>Tips (passive learning)</p>	<p>Look at examples from class as you complete problems. Write down what the TA tells you to write during office hours</p> <p>Highlight headings and topic sentences as you read.</p> <p>Print out and follow along during class. Highlight key slides as the professor goes through them.</p>
<p>Study Routine</p>	<p>Set the Mood (5 min): Create a comfortable study space with soft music or a quiet environment that helps you set the mood for your study session.</p> <p>Read & Highlight (20 min): Read textbooks, articles, or notes, marking key points.</p> <p>Watch & Listen (20 min): Engage with lectures, podcasts, or educational videos.</p> <p>Take Notes (15 min): Jot down important insights in your own words.</p> <p>Review & Absorb (10 min): Reread notes or summaries before wrapping up.</p>

Background Learning (Ongoing): Keep concepts in mind by listening to related content during breaks

I want to retain more information! Which one's better?

To train your long-term memory when learning something new, it's better to practice and familiarize yourself with the active learning method. This method invites students to engage and interact with the study material in a way that you actually learn and remember what you are studying. This method will help you better retain information in the long-run

REMEMBER!! (active learning tips)

- Use active recall
- Teach it to others
- Apply the knowledge
- Reflect and review

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