

Investigation learning methods in students

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Abstract: Learning is the result of human interaction with the environment in order to answer his questions. But learning disorder, a serious problem that can affect a person's life. If you develop the disorder at an early age leads to many problems in the process of training the students. But several measures to help solve these problems in children. Among these strategies can be read, focused and noted a positive self-image.

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1. Introduction

Human of since of birth is faced with various questions and to find answers to questions connected with the environment and involved with the environment and the result of this interaction, learning which eventually flourish in prosperity helps achieve perfection. In this article we want to see what is learning? And understanding how to learn, to learn lessons to help students?

Learning is not limited to the acquisition of ability or a particular behavior, but almost all of the activities that we do in life entails. So learning can be defined in different ways. When we talk, when we walk, when we look at when we do and there are many other times that we learn in these situations. In a scientific point of view the changes are relatively stable learning potential of the experience. After learning that should be how to deal with the individual events change. But any change is learning, such as low light and high pupil, large and small, that this change but not learning. Learning is relatively permanent change in behavior as a result of the exercise has been made.

Some theorists, flexible human nature to know and believe in the growth, learning plays a major role, as they can regardless of what's initial training of talents, desires, interests, abilities, race, ancestors inherited, he to make any year.

The role of learning in all arenas of life is evident. Learning not only in the specific learning materials, but also in the emotional development, social interaction and even character development is also involved. For example, learn what fear, what you love. How polite behavior and how to show intimacy.

The learning does not function, because people learn many things, but the possibility of applying them for not learning. A learning disorder, a disorder that is a serious problem in reading, mathematics and writing, however, is not expected to be of a normal person. A learning disorder, if not assess the effect on the individual maladaptive

performance in multiple areas of weakness creates life.

The term learning disability arose from the need to identify and serve students which consistently fail in their course work and yet not fit within the framework of exceptional children.

Natural appearance, physical development, height and weight of their normal show. More or less normal intelligence, as well as speak, like other children, like their peers play and interact with others. Necessary help at home and what their parents are doing well leave. But raced up the flow of information is not to say, and especially writing. Due to the overall profile of the students, they can be placed in a new group called Students learning and said the students in one or more mental process to understand the spoken or written language is concerned and disorder can be a complete inability to listen, speak, read, write, spell or do mathematical calculations appear.

Evaluation of learning disorders is beyond the scope of this article. In this article we try to create the best learning methods will be addressed.

Methods and ways of learning

- Reading

Reading is a complex activity that involves thinking and understanding of the process involved in identifying and understanding the word. Learning to read is an important educational purpose as well as the close relationship between oral vocabulary and early Reading ability is there. In this regard, the book is one of the items that are needed in all stages of child development and push him to the next stage of growth. Long-reading culture in elementary schools could be an important step in enhancing students' knowledge is power and exact planning, adequate investment in financial and trained manpower and time, can guarantee the success of the program. The advantage of this design can play an important role in developing reading long program to improve

children's reading, language development and expansion of the range of vocabulary words and treasure. On the other hand, information and understanding of children also rises in this way. When children with a text, the characters communicate, they can easily increase their understanding of various issues.

Children often learn best components, but generally better learning takes place when the student of the subject, have information with regard to the issue of trying to learn its components.

If the training is long, you may need to learn, as part of the training material learned. Learn if done in a long time, would be more effective. For example, if an item during the three days we read every day for an hour on it, better when we learn that the same story we read in one day and three hours. So it is better to learn in regular intervals of consecutive time in a row.

Learning a new topic, especially if it is similar to the previous topic, makes you forget the previous issue, or two to mix. So whatever topics burst into dense study, we have helped more into oblivion. To fix this problem should leave more time for the same thing. If so, and exercise more continues for learning will be more permanent.

- Cooperation

Learning through educational assistance, a template or framework in which heterogeneous student groups formed by teachers and are active. The ultimate goal of teaching learning through collaboration, to achieve high mental activity. Cooperative learning creates opportunities that enable learners in situations such as teamwork, communication; effective coordination and division of labor are successful.

- Concentration

This will focus the minds of all body organs cooperate with us and provide the necessary context for learning mind. When studying a subject, nothing other than the content of the mind should be, in this case we will see what we have read in our minds as a clear picture and outstanding association, and the lasting.

- A positive self image

Confidence and positive self-image of the brain is ready for any task, never mind of negative thoughts should be, if you want to succeed and have a bright future, we need to think positive and live in their efforts to achieve the target take steps, mind past failures and instead, learn from the past and present

to build. The belief that the failure of ways to poison the mind.

- Quick learning

Quick learning allows students to learn the principles of the topic you quickly read, understand, and things are very strong record. In this way it is trying to create in the mind before reading, learning, more active and easier.

- Short-term memory and long-term memory

The simplest type of learning, repetition or rehearsal, which is temporary or short-term memory material in the memory as long as students who want to use it remain. The human mind is designed to synchronize the content. One of the solutions to this adaptation in mind, and students can use it, strategy of expansion or development of a new story, when we want to study it with our previous material. It is important to note that the full learning, occurs when we have transferred material to long-term memory.

When subject to long-term memory, learning occurred and the subject were will not be forgotten. In other words, we can say that forgetfulness is never one hundred percent of what was learned was the long-term memory, it will not be forgotten, but after time, we see things we do not remember. In such cases, we have something in your mind and just can not remember.

- Regulation of information

Organize the best and most complete learning strategies and study. The simplest form is that information is organized in categories that make it easier to learn and easier to remember.

Regulation strategies and flexibility in learning behavior, cause whenever he needed to have the content they need and can use any time, change its methods and learning styles. For example, according to the pace of change, it will happen.

- Repetition and Restatement

After reading a finished part, recounting the contents of the deal. Students can keep material from shorthand for repeated or not. Note that the more senses used, the materials, better memory and thinking people fits.

"See", "express", "hear" and "write", it will increase the power of learning. After the students read the material thoroughly and told she to turn over the material arrives. Those who read the story repeated 6 times compared with those in the 6 times every 5 minutes, so they have less learning percent. Because in the interval between the processing power of higher mind. Another important point is to learn, change in behavior or potential behavior, ability or

behavior of an individual, not in practice. May change as long as the person remains secret.

For example, you teach literature to the next meeting of the full study, and you're all familiar with the course content, but as long as the teacher does not ask you can not answer. In this example, because the teacher is not a question that you do not get to learn more, but the conditions for conversion is not available and you can not learn to function in their behavior what you know appear.

- Rest and avoid stress

Throughout history, great men as a result of their positive attitude and fighting for victory have problems in life. It is better to take away stress and anxiety because of high anxiety, the greatest impact will be on learning. When anxiety is high on adrenaline cognitive and functional changes in the body's reactions to occur.

Having confidence is one of the factors that are effective in controlling anxiety. The person in the long-term psychological sense of security in their lives has experienced, self-confident and in control of his high test anxiety often more important. Sleep is very important role in increasing learning. Learning content without enough sleep then effectively buried the long-term memory and can not be established.

- Proper food and exercise

Use of a healthy diet is not only good for the body, but it is necessary for the brain and

memory. Eating fruits and vegetables high in antioxidants, such as berries, citrus fruits, spinach, carrots, broccoli, tomatoes and sweet potatoes can be up to 11 percent lower risk of stroke.

Another study suggests that antioxidants and polyphenols in blueberries and grapes can help brain cells communicate with each other to raise and lower the risk of damage to them.

Cardiovascular exercise prevents the loss of memory. Doctors believe that is because exercise increases blood circulation in the brain and brain tissue will not quickly disappear with age. Even intellectual physical exercise can deal with memory loss.

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