
Student Success \ Improve your thinking-improve your GPA

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The “Einstellung” Effect

EINSTELLUNG (GERMAN: ATTITUDE) EFFECT

When your brain stubbornly sticks to a familiar way for solving a problem.

EINSTELLUNG EFFECT OFTEN COSTS US

This blocks us from looking for more efficient ways to solve tasks.

REASON THIS HAPPENS

We tend to ignore other alternatives because we are more comfortable using what is familiar:

- Prevents students from performing better in a variety of learning tasks (learning new concepts, critical thinking, problem-solving, essay questions, etc.).

Students often prefer to use “familiar” study strategies in their reading, note-taking, and exam-preparation – even if these fail to achieve high marks:

- Will often not seek out more effective study strategies.

TO BECOME A SUCCESSFUL LEARNER

- Look for more effective ways of learning and memory, note-taking strategies, reading of textbooks and articles, preparing for exams, learning new concepts, etc.
- Learn from errors in tests, quizzes, and assignments in a constructive and objective way.
- As noted by Bilalic and McLeod: “*We must try and learn to accept our errors if we sincerely want to improve our ideas.*”

(2017, p.33, Why good thoughts block better ones. Scientific American Mind: Mysteries of the Mind (Special Collector’s Edition), Volume 26, Number 3, Summer)

Langara.

THE COLLEGE OF HIGHER LEARNING.