



COGNITIVE LEARNING AND ITS BENEFITS

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Annotation:

This article reviews that cognitive learning is a way of learning that helps students use their brains more effectively. This method of learning is active, constructive, and long-lasting. It encourages students to fully engage in the learning process so learning, thinking, and remembering get easier.

Key words:

Cognitive learning, Remembering, Understanding Creating

Cognitive learning isn't about memorization or repetition. It's about developing true understanding; it's about learning how to learn. Your child will learn skills and strategies that will help him or her on the way to better grades in school, including how to think critically and how to make lasting connections between topics. *Examples of cognitive learning strategies include:*

- Asking students to reflect on their experience
- Helping students find new solutions to problems
- Encouraging discussions about what is being taught
- Helping students explore and understand how ideas are connected
- Asking students to justify and explain their thinking
- Using visualizations to improve students' understanding and recall

Cognitive learning helps students learn effectively and ensures that the concepts learned in class are understood, not just memorized. Cognitive learning helps your child by finding the most effective way for him or her to learn—whether your child is a visual learner, auditory learner, or otherwise, helping your child retain and apply new concepts successfully, teaching your child how to take a “big picture” approach to learning to understand how smaller thoughts fit into larger ideas.

All cognitive learning activities are geared towards pushing students to work through different problems and stimuli. The goal is to get them thinking and applying problem-solving strategies without the use of preparation or steps that lead to an answer. You want to craft activities that will make your student apply logic, creativity, and close examination on the spot to produce an answer. Cognitive learning essentially relies on five principles: remembering, understanding, applying, evaluating, and creating. Below is a breakdown of each principle and some activities students can do that correspond to each.

Remembering

Activities that rely on remembering ask for the student to recall previously learned information to complete the task at hand. This might be a great review for the beginning of class to see if students are comprehending previous lessons. A couple of activities might be:

- Creating a timeline of important events from memory

- Make a game of reciting poetry or important writings
 - Writing a paragraph or blurb detailing what they remember from last class
- Understanding activities directly engage students to see how they interpret information. This is a particularly broad category that draws on students being able to analyze information from different angles and to recognize, interpret, and classify it. Here are a few activity ideas:
- Defending a point of view, or debate
 - Creating a list of examples
 - Classifying types of processes or events

Applying

Part of problem-solving has to do with applying specific skills and knowledge to produce the proper result. Push your students to rely on what they've learned and figure out ways to succeed through fun activities:

- Have the students create an effective learning game themselves
- Solve problems or answer questions listed on the board
- Have students demonstrate procedures in front of class

Evaluating

This principle focuses on analyzing information and making judgments based on it. Students will weigh information based on criteria previously learned. A few activities for your students can include:

- Constructing a graph to illustrate certain information
- Having students develop a questionnaire to group or gather information at hand
- Creating a pros and cons list

Creating

Cognitive learning is centered on adapting to new stimuli and constructing methods to solve problems or address needs. Creative activities rely on students to produce original ideas to address prompts, organize thoughts, and devise a means of their own invention that will help them answer problems.

Used literature:

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