

Effective teaching and learning

Uddin M J¹, Salam A²

Abstract:

Teaching-learning process involves teacher and learner in a set of dynamic relationship in order to bring positive change in the behavior of learner. To facilitate learning the teacher needs to make teaching in an organized fashion keeping in mind objectives, contents, methods, assessment and sequence of instruction. Some values are to be communicated in the class room which can not be communicated easily by written word. This small article focuses on essential aspects of the subject

Introduction:

Teaching is the interaction between teacher and student under the teacher's responsibility in order to bring about expected changes in the student's behavior. Learning is a process resulting in some modification, relatively permanent, of the way of thinking, feeling, doing of the learner. Effective teaching and learning means fruitful interaction between teacher and student in order to bring positive change in behavior of the student. Here educational institutes are factories, teachers are the managers and students are the consumers¹. So, effective teaching should be a quality product according to the need of consumer i.e, student. To bring fruitful change , teacher assists student so that:

1. Students acquire and use knowledge
2. Achieve skills
3. Establish habits
4. Develop attitudes.

The main purpose of teaching is to stimulate, inspire and motivate the students so that they appreciate the importance of the subject. The role of a teacher is to facilitate learning. So, facilitator is the appropriate terminology instead of teacher.

Teaching approaches

1. Talk to students
2. Talk with students
3. Have them talk together
4. Show students how to talk
5. Supervise them

1. Associate Professor of community medicine & public health. University of science and technology chittagong (USTC).
2. Assistant Professor of health education. University Kebangsaan Malaysia.

6. Provide opportunities for practice

Major problems with teaching

1. Cramming wide coverage
2. Rapid, monotonous speaking without break
3. Reading from notes
4. Talking to the boards
5. Entertaining no question
6. Impressing with own knowledge only
7. Improper use of teaching aids
8. No time for discussion

Systemic approach for effective delivery in a teaching session²

It means to do something systematically. A teacher must decide:

1. **Objectives-** It should be SMART (specific, measurable, attainable, realistic and time bounding).
2. **Contents-** Contents should reflect objectives. To select contents we have to decide about the core and optional portion of a topic i.e, must know, should know and nice to know.
3. **Methods-** These are Lecture, Group discussion, Panel discussion, workshop etc. It depends on size and setting of learners.
4. **Media-** It is important for effective teaching and learning. Media preparation should be in such a way that it stimulates cognition of the learner to build up knowledge structure. Following factors should be considered during preparation of media: Font size, Color, Motion, Language, Sound-Picture relationship, Arrangement and Pictorial presentation. Font size should be:

Letter size	1/4 inch	1/2 inch	1 inch
Viewing distance	20 feet	35 feet	60 feet

5. **Assessment-** It is the measurement of quality and quantity of learning. Teaching and learning are two sides of same coin³. Assessment contents and course contents are often same. Assessment identifies problems and suggests remedies. Assessment should be valid, reliable, objective and practicable. Assessment tools are: MCQ, SAQ, OSPE, OSCE, Clinical, Project, Observation and Checklist. There are merits and demerits in each tool. So, assessment should be comprehensive.

Effective teaching plan

1. Preparing teaching materials: Decide topic/ period/ place/ person, identify objectives and select contents based on objectives
2. Presenting teaching materials : Introduction, Information-use appropriate example , media and body language. Finishing with summary and message/ further reading etc.

Some principles of learning

1. Learning is individual
2. Motivation is the key to learning
3. Relevance of learning experience should be clear to the student
4. 'Feedback' to learner is important

Effective teaching and learning: Gagne's instructions

1. Gaining attention
2. Informing the learner of the objectives
3. Stimulating recall of pre-requisite learning
4. Presenting the stimulus material
5. Providing learning guidance
6. Eliciting the performance

7. Providing feed back
8. Assessing the performance
9. Enhancing retention and transfer

Conclusion

Effective teaching and learning is essential for behavior change communication(BCC). Without BCC we can achieve nothing. 21st century will be the century of intellectual supremacy. Every nation has been striving for intellectual supremacy. To achieve that goal effective teaching and learning should be given due emphasis at all levels of teaching and learning.

References:

1. Myo Thwe. Reorientation of medical education. Journal of medical teachers federation. 1996; 1. page 34-36
2. Sood et al. assessment in medical education: Trends and tools. K L Wig centre for medical education and technology. AIIMS, New Delhi.
3. Salam et al. assessment in medical education. Journal of chittagong medical college teachers association 2004, page 15-18