Be an Active Learner in Every Class

The more actively we participate in class, the more we learn during class—and the more we learn during class, the less we have to learn after class! SLANT as a really useful class participation strategy to help you be a more active learner and get the most out of every class. By maximizing class time, you minimize study time.

Remember to use this SLANT strategy in every class—and maximize your learning!

Sit up
When you sit up tall in class, your body is sending a focus message to your brain that this information is important.

Lean forward
Leaning forward is a natural response that initiates greater focus. Your body is telling your brain again that this is really important.

Ask questions
Keep your brain curious about what is being taught by asking yourself questions, alerting your brain to look for the answers. This step also relates to asking your teacher questions whenever you’re not clear on some part of a lesson.

Nod your head
Nodding your head can mean I understand, I like this, I’m with you, I’m learning. A positive signal that we learn at a very young age, it sends a powerful message of “yes” (I can do this, I know this) to your brain that increases your focus, and also sends a positive I’m with you, tell me more message to your teacher.

Talk to your teacher
As simple as thank you after class or have a good weekend, are small interactions that will make you more comfortable to have other conversations with your teacher that may be more important. The more comfortable you are with your teachers, the easier it will be to use the A in SLANT when you aren’t sure about something.

Using SLANT has a notable impact on how awake and alert we feel in our classes, positively affecting our leaning as well as our relationships with our teachers.