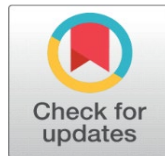
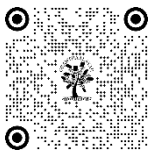


NEW TREND IN EDUCATION: BITE-SIZED LEARNING

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ABSTRACT

Learning is a relatively lasting change in behavior that is the result of experience. It is the acquisition of information, knowledge, and skills. Traditional learning methods often overwhelm learners with large volumes of information, leading to cognitive overload and reduced retention. It typically takes place in a classroom setting, where a teacher delivers information to students over an extended period of time. The traditional classroom setting, once the cornerstone of education, is being challenged by more modern approaches like Bite-sized learning. Bite-sized learning combats this by focusing on one concept at a time, ensuring that learners can fully grasp and remember the material. Bite-Sized Learning is a shift from traditional learning and is getting popularized in recent years. There are many benefits of Bite-sized learning which have been discussed in this paper.

Keywords: Learning, Traditional Learning, Bite-Sized Learning, Retention, Memory, Collaboration

1. INTRODUCTION

Learning is a relatively lasting change in behavior that is the result of experience. It is the acquisition of information, knowledge, and skills. When you think of learning, it's easy to focus on formal education that takes place during childhood and early adulthood. But learning is an ongoing process that takes place throughout life and isn't confined to the classroom.

Learning became a major focus of study in psychology during the early part of the twentieth century as behaviorism rose to become a major school of thought. Today learning remains an important concept in numerous areas of psychology, including cognitive, educational, social, and developmental psychology.

Traditional learning methods often overwhelm learners with large volumes of information, leading to cognitive overload and reduced retention. It typically takes place in a classroom setting, where a teacher delivers information to students over an extended period of time. This method is often structured around comprehensive learning experiences, which cover broader topics in-depth and focus on achieving long-term knowledge retention.

The traditional classroom setting, once the cornerstone of education, is being challenged by more modern approaches like Bite-sized learning. Bite-sized learning combats this by focusing on one concept at a time, ensuring that learners can fully grasp and remember the material. bite-sized learning often incorporates micro-assessments and practical applications immediately after presenting new information. This allows learners to apply what they've learned

right away, further reinforcing retention and recall. The immediate application helps cement knowledge in the learner's mind, making it more likely to be remembered and utilised effectively.

Bite-sized Learning:

Bite-sized learning is as simple as it sounds: breaking down e-learning content into digestible chunks, which is easier for learners to work through at a pace that suits them. Also known as micro-learning, it makes it much easier for learners to fit into their busy schedules. Bite-size learning is a way of teaching and learning where information is broken down into small, manageable chunks. This method makes it easier for students to understand and retain the information. It's called "bite-size" because the information is presented in bite-sized pieces, like a small snack.

Bite-sized learning delivers short bursts of content for learners to study at their convenience. Content can take many forms, from text to full-blown interactive multimedia, but should always be short. In another words, "Bite-sized learning is a more focused, more referenceable learning opportunity."

Picture short bursts of learning via video clips or interactive slides over day-long teaching sessions. Bite-sized learning or micro-learning is learning done in small portions over a period. It entails breaking down learning (modules) into smaller chunks that are easy to understand or assimilate in one go without losing the learning objective. This contrasts with substantial learning that attempts to say a lot at once or within a short period, also known as traditional learning.

Consuming 3-7 minutes of knowledge at once enhances understanding and assimilation, making it more easily transferable or actionable. Indeed, how does one apply knowledge if it is not understood? 60% of what we learn each day does not make it to the next, so it is foolhardy and counter-productive to cram so much learning into a single day. With bite-sized learning, you can ensure that get the desired learning; this way, resources are optimally used, and costs are reduced.

It's considered to be the modern way of learning, which is both effective and engaging. Bite-size learning is a great learning strategy for a variety of reasons. Some of them are as follows;

The 7 benefits of bite-sized learning

Here are seven benefits of bite-sized learning that help drive my point.

1. Higher retention:

As explained, measured bits of learning aid the retention process as learners are more likely to learn better and understand learning when there is no pressure to absorb so much. So, bite-sized learning helps to cheat on the forgetting curve as it enables better processing of acquired knowledge, leading to improved retention.

Presenting information in small, manageable chunks makes it easier for students to understand and remember. This is because the brain can process small amounts of information more easily than large amounts.

2. Improved learner performance:

With improved retention, the goal of learning or training is achieved, i.e., reskilling, upskilling, cross-skilling or continuous professional development (CPD). Ultimately, learning is complete and can be applied to tasks and improve the performance of tasks. Additionally, better performance in terms of know-how or efficiency boosts morale and triggers zeal to keep performance and efficiency up.

3. Sharper perception and memory:

When there are intervals between learning, learners have the opportunity to process what has been learnt and break it down. This makes them insightful, about the subject matter and better understand and memorize it.

4. Enhanced engagement:

In one-on-one activities embedded in bite-sized learning modules, learners are engaged the whole time. Quizzes and the user interface are just two ways that engagement can be incorporated into learning; it sends boredom a one-way ticket out of the picture.

Bite-size learning can improve engagement and motivation by providing students with a sense of accomplishment. When students can complete a small task and move on to the next one, it can be motivating and give them a sense of progress.

5. Mobile-friendly interface:

Educational Institutions have moved significantly away from the position of not allowing learners' devices access related to learning. At the time, learners respectively reported that their institutions either did not grant mobile access or their devices could not support the e-learning (software) required. Mobile is the new "everything", and institutions have been forced to evolve. Mobile accommodates bite-sized learning without wearing out the modern learner; it just makes sense.

6. Learning just-in-time:

There's nothing like having it when you need it. Are you stuck at studies because you can't understand the new software installed while you were away on holiday? You forgot to take the introductory module you were advised to take over the weekend? No problem. Swipe open your phone and shimmy straight to that topic. Get exactly what you need when you need it without having to sieve through tons of learning materials. Bite-sized learning is literally a breath of fresh air in comparison.

7. Better value for money:

The biggest win with bite-sized learning for one as learner is what it saves you. A whole block of savings is what you get in return for offering bite-sized learning in the educational institutions. Institution get to save on person-hours lost to learners' absences, the cost of learning venues, the cost of specialists to offer learning, and a host of other costs.

Bite-sized learning is equipped to provide access to learning at the discretion of learners and sets up the institutions for productivity and agility in one swoop.

8. Makes learning more manageable and less overwhelming:

Bite-sized learning removes the overwhelming feelings by the amount of information. It helps students focus on one topic at a time, reducing stress and anxiety.

9. Allows students to focus on one topic at a time:

With bite-sized learning, students can focus on one topic at a time, improving their understanding and retention of the information. This is because it is easier to concentrate on one topic than to process multiple topics simultaneously.

10. Useable in various settings:

Bite-sized learning can be used in various settings, including in-person, online, and self-paced learning. It makes Bite-size learning a flexible and adaptable method in various educational environments.

11. Applicable to a wide range of subjects:

Bite-sized learning can be applied to many subjects, including math, science, history, and language arts. This makes it a versatile method of learning that is also useable across different subjects and grade levels.

12. Enhances Collaboration:

Bite-sized learning encourages collaboration among students. When students are working on a small piece of information, they can work together, share their knowledge and learn from each other, enhancing their understanding.

13. Offers flexibility:

One major advantage of bite sized learning is that it offers *flexibility*. In more conventional learning environments, people had to schedule a significant amount of time out of their busy schedule to attend in-person lectures or seminars. While there are certainly some benefits of learning in person through a hands-on learning approach, that kind of style is more beneficial for those areas of learning that require visual and kinesthetic techniques.

For auditory learning that often involves reading, writing, and memorization, there isn't as big of a need to be in person for that style of learning. Bite sized learning offers flexibility for learners to be educated at any time and in any place – they don't need to take a chunk out of their day to commute or block off a significant period of time.

With bite sized learning, modules are delivered in short, manageable bits that can be combined and consumed in flexible ways. This is a huge benefit for learners, depending on their immediate needs and preferences. They can work through various learning 'nuggets' that are valuable to them at the time through mobile learning, and also they can access these topics in an order that is useful to them.

Institutions can implement bite-sized learning in the classroom or in a learning environment by following a few simple steps:

Break down the material into small, manageable chunks: The first step in implementing bitesize learning is to break down the material into small, manageable chunks. This can be done by identifying the key concepts and ideas in the material and dividing them into smaller sections.

Create a lesson plan: After breaking down the material into smaller chunks, create a lesson plan that includes key concepts, learning objectives, and activities for each section. It will also help you to organize the material and ensure its coverage logically and cohesively.

Use various teaching methods: Bitesize learning can be implemented using various teaching methods, including lectures, group discussions, hands-on activities, and online resources. Using various teaching methods will help keep the students engaged and motivated.

Provide regular feedback and assessments: To ensure that students understand and retain the information, provide regular feedback and assessments. This is doable through quizzes, exams, or informal assessments such as class discussions or hands-on activities.

Encourage collaboration: Bitesize learning encourages collaboration among students. Moreover, Encourage students to work in small groups, share their knowledge, and learn from each other. This can also enhance their understanding and retention of the information.

Use technology: Technology can support bitesize learning by providing students with online resources, interactive activities, and videos. This can make the material more engaging and interactive.

Review and Reflect: At the end of each bite-size learning session, review and reflect on the material learned. This will help students to retain the information better and provide an opportunity to ask questions or clarify any confusion.

2. CONCLUSION

In conclusion, bite-sized learning is a great way to learn. Bite-sized Learning helps students understand and retain information better, makes learning more manageable and less overwhelming, allows students to focus on one topic at a time, and is useable in various settings. Adopting this method of learning can be very beneficial for both students and educators. So, if one is looking for a new way to learn, one must give bite-sized learning a try.

CONFLICT OF INTERESTS

None.

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None.

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