

## THE GRAVITY OF C.R.E.A.M STRATEGY

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### Abstract:

In this article we will get right into one of the strategies of learning called C.R.E.A.M. This actually, is an abbreviation which stands for Creative, Reflective, Effective, Active and Motivated. The data about learning strategies and the ways of productive learning are provided in this article. It is analyzed that one of the most methodical strategies that students should know is C.R.E.A.M strategy.

**Keywords:** C.R.E.A.M, reflexive, effective, active, critical thinking, learning strategy, independent learners.

### Introduction

Learning strategies refers to their fundamental importance in effective learning and cognitive development. Just as gravity is a fundamental force shaping the universe, learning strategies are fundamental to shaping how we acquire, retain, and apply knowledge. These strategies encompass various techniques and approaches that optimize learning outcomes, such as active recall, spaced repetition, elaborative interrogation, and metacognitive reflection. Recognizing the gravity of learning strategies underscores their pivotal role in educational success and lifelong learning. Strategies can encourage students being independent on the field of learning. Learning strategies are particularly crucial for helping students to bypass their areas of weakness and to rely on their areas of competence.

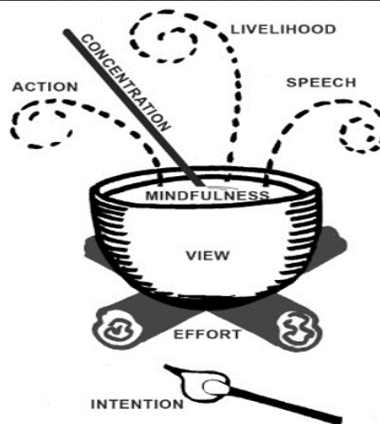
Effective use of teaching strategies brings positive learning outcome in the students. It gives scope to teachers to think critically and rationally about their own practices inside and outside the classrooms. It helps in generating interest of students and it promotes deep and long lasting learning.

C – creative. It means:

- 1) Confidence in using individual strategies;
- 2) Applying imagination in learning for intellectual inventiveness;
- 3) Questioning everything (sign of our curiosity);
- 4) Eliminate fear from your mind (we learn many things from our mistakes!).

In general, creativity can help students and learners being a good problemsolvers, enhancing their productivity levels, feeling the enjoyment or fulfillment, and having great communication skills.





In this picture we can see the connection between person and his/her concentration, including livelihood, speech, effort, intention, view and mindfulness. The success of people is also arise when they connect to each other!

R – reflexive. It includes:

- 1) Being able to sit with your experience;
- 2) Analyzing and evaluating your performances;
- 3) Identifying your own weaknesses and strengths;
- 4) Where are your gaps in learning or knowledge.

Having developed mind for critical-thinking is the best of being reflexive. For being reflexive, youngsters should examine their routines. They may ask questions for themselves. Like why am I doing it this way or how can I perform it? or else. This questionnaire may even help them to identify what are their weaknesses or what gaps they have.

E – effective. This indicates:

- 1) Organizing time properly;
- 2) Pointing out the real priorities;
- 3) Understanding the things you can memorize;
- 4) Being very careful to select information, identifying are they relevant and necessary to you or not;
- 5) Learning things with connecting real life.

This part is absolutely lead to efficient learning process, so emphasizing every parts of learning strategies can really help students to optimize their study habits and approaches. Moreover, this part is a part of experiences because in this part we learn every single thing with connecting real life, if it is appropriate to connect. That may be very productive type of learning.

A – active. That shows:

- 1) Being personally engaged physically and mentally, in making sense of what you learn;
- 2) Having a vision and trying hard to acquire your success in it;
- 3) Practice learning daily.

When it comes to this part, we should remind that there are two types of learning style: active and passive. Let's have a look through them and their differences.

### Characteristic of passive learning:

1. You wait for direction and information to be fed to you;
2. Information is delivered to you – you just follow what is said and or written, do as you are told;



3. Different pieces of information are treated as separate units;
4. You repeat information without understanding it;
5. You don't reflect upon what you have learnt;
6. You may become bored and tired easily;
7. You use surface processing and for that you are less likely to understand or remember;
8. You are less able to use what you learn;
9. You expect others to prompt you or to remind you of steps, stages and deadlines, so you often feel uncertain about what to do next.

#### **Characteristic of passive learning:**

1. You look for ways of being more involved in what you are learning;
2. You are engaged in the whole learning process;
3. You look for links between different things that you discover;
4. You make a conscious effort to make sense of, and find meaning in, what you learn. Understanding is usually deeper;
5. You are involved in reflection and self-evaluation;
6. Your attention span is longer because your mind is more fully engaged;
7. Long-term memory is assisted. If you understand what you learn, and keep relating what you learn to what you already know, you are more likely to remember what have learnt;
8. Linking information helps you to see how you can apply it to different situations;
9. Learning is personalised and interesting;
10. You take charge of your learning and manage it like a project, so you feel confident that you know what to do, when, and why.

We can see that what type of learner you are, according to the analyzed characteristics learners can question and analyze themselves.

M – motivated. This demonstrates:

- 1) Being clear about the outcomes that you want to achieve;
- 2) Analyzing what you should do to reach your goals;
- 3) Maintain your enthusiasm;
- 4) To set short-term goals so that you are able to have lots of small achievements and these little steps can lead you to your main and greater success;
- 5) To see difficulties as opportunities and challenges;
- 6) Nothing is impossible, never give up!

The engagement in learning is such a vital factor that everyone can learn so many things with it efficiently. Moreover, it is a main factor of being motivated. Why we need to be motivated? Does being motivated give us something? Actually, it does! And many things, such as it can increase productivity level as individuals are driven to achieve their goals and complete tasks efficiently; improved performance, positive mood, goal achievement, adaptability, persistence and personal growth.

Furthermore, this strategy can lead to several outcomes for not only students, but also other lifelong learners. Here in the below you may introduce with some of them:

- enhanced creativity;



- improved critical thinking;
- productive learning atmosphere;
- active engagement;
- increased motivation;
- holistic understanding.

Overall, the outcomes of C.R.E.A.M. learning strategy can contribute to a more vibrant, effective, and enriching educational experience for students, ultimately supporting their academic success, personal development and being their own role model.

## CONCLUSION

In summary, understanding the characteristics of passive and active learning can empower learners to assess their own approach to acquiring knowledge and skills. By recognizing the traits of active learning, individuals can strive to become more engaged, reflective, and motivated in their educational pursuits. The mnemonic M – motivated encapsulates key aspects of maintaining enthusiasm, setting clear goals, and embracing challenges as opportunities for growth. Engaging in active learning not only enhances productivity and performance but also fosters creativity, critical thinking, and a holistic understanding of the subject matter. Ultimately, adopting the C.R.E.A.M. learning strategy can lead to a more dynamic and fulfilling educational journey, laying the foundation for lifelong learning and personal development.

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