



LD1026 Applied Cognitive Psychology: The Science of Learning 3.0 credits

Kognitiv psykologi i praktiken: Studieteknik och Lärande

This is a translation of the Swedish, legally binding, course syllabus.

Establishment

The official course syllabus is valid from the summer semester 2025, according to the decision by the Faculty Board: HS-2025-0013. Date of decision: 2025-01-15

Grading scale

P, F

Education cycle

First cycle

Main field of study

Technology

Specific prerequisites

General entry requirements.

Language of instruction

The language of instruction is specified in the course offering information in the course catalogue.

Intended learning outcomes

After passing the course, the student should be able to:

- Apply evidence-based study strategies to improve their learning. The student should be able to give an account of evidence-based strategies based on research in psychology and learning.
- Reflect on and analyse metacognitive strategies to evaluate and improve their own study habits. Participants should be able to develop a personalised study plan that strengthens their ability to learn effectively and sustainably. The study plan should be applicable in both academic and professional contexts.
- Apply practical strategies to manage anxiety related to tests and writing assignments. They should also be able to use structured methods to plan, organise and complete tasks effectively, which enhances both focus and writing skills under pressure.

Course contents

The course is divided into several modules in which participants perform cases to learn how to use evidence-based study strategies in practice. Each module also includes quizzes to consolidate knowledge of the strategies and their scientific foundation.

The students reflect and discuss study strategies, and evaluate their study habits. The students create a personalised study plan that strengthens their long-term learning capacity, adapted to support continued learning both in academia and in professional life.

Examination

- LEXA - Continuous assessment, 3.0 credits, grading scale: P, F

Based on recommendation from KTH's coordinator for disabilities, the examiner will decide how to adapt an examination for students with documented disability.

The examiner may apply another examination format when re-examining individual students.

If the course is discontinued, students may request to be examined during the following two academic years.

Other requirements for final grade

To obtain a final grade, the student must have completed the mandatory case assignments and quizzes that are completed at the end of each module. Assignments must be submitted by the deadline in order for the final grade to be awarded within the course period.

Ethical approach

- All members of a group are responsible for the group's work.
- In any assessment, every student shall honestly disclose any help received and sources used.
- In an oral assessment, every student shall be able to present and answer questions about the entire assignment and solution.