



# SCARLET SKILLS

LEARNING IS A SKILL, AND UNDERSTANDING THE 3MS  
CAN HELP YOU LEARN MORE EFFECTIVELY!

1

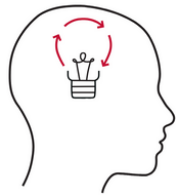
## Mindset



**Mindset** refers to belief in one's ability, and it affects our motivation to take action. Seeing ability as something you can **grow** with time and effort can encourage you to face challenges, learn from errors, and benefit from feedback.

2

## Metacognition



**Metacognition** is often described as thinking about one's thinking. It means **reflecting** on your learning strategies and level of understanding to evaluate and adjust if needed. This provides a more accurate idea of how well you know content, enhancing learning efficiency.

3

## Memory



**Memory** and learning are closely connected. You need to process and understand information to effectively apply it to new situations. It takes **repeated active engagement** to grasp information, connect it to prior knowledge, recall it, and use it effectively.

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For more resources on these elements and how to successfully integrate these into your learning, please visit: <https://learningcenters.rutgers.edu/scarletskills>

Adapted from the 3Ms Model, developed by Learning at Iowa at the University of Iowa



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