Auditory/verbal learning style (p. 18) - A style that favors listening as the best approach to learning.

Classical conditioning (p. 26) - A type of learning in which a neutral stimulus elicits a response after being paired with a natural stimulus.

Critical Thinking (p. 15) - A process involving reanalysis, questioning, and challenge of underlying assumptions.

Evaluation (p. 13) - An assessment of the match between a product or activity and the goals it was intended to meet.

Fixed mindset (p. 11) - The erroneous belief that individual characteristics, such as intelligence, talent, and motivation, are set at birth and vary little throughout the life span.

Grit (p. 11) - Perseverance and passion for long-term goals.

Growth Mindset (p. 11) - A belief that people can increase their abilities and do better through hard work.

Learning style (p. 17) - How we acquire and use knowledge. Many different methods Visual/graphic, auditory/verbal, and tactile/kinesthetic.

Learning theory (p. 25) - A broad explanation about how one learns.

Left-brain processing (p. 22) – Verbal competence (reading, speaking, thinking, and reasoning). Information is processed sequentially.

Long term Goal (p. 7) - Aims relating to major accomplishments that take some time to achieve.

Motivation (p. 11) - The inner power and psychological energy that directs and fuels behavior.

Operant conditioning (p. 25) - Learning in which behavior is modified by the presence of a reinforcer.

P.O.W.E.R Learning (p. 5) - is a process that requires personal investment.

Read/writer learning style (p. 17) - A style that involves a preference for written material, favoring reading over hearing and touching.

Receptive Learning (p. 17) - The way in which we initially receive information.

Reinforcer (p. 25) - a thing that increases the probability that a behavior will occur again.

Right-brain processing (p. 22) – Nonverbal competence (spatial relationships, recognition of patterns and drawings, music, and emotional expression). Information processing.

Short-term goals (p. 7) - Relatively limited steps toward the accomplishment of long-term goals.

Tactile/kinesthetic learning style (p. 18) - A style that involves learning by touching, manipulating objects, and doing things.

Visual/graphic learning style (p. 17) - A style that favors material presented visually in a diagram or picture.