One of the techniques that struck me as intriguing is Self Explanation, the reason being its something I use quite often in my studying. This technique employs the use of multiple principles. Self Explanation is when you take an answer or concept and then explain it to yourself why that answer/concept is correct. This technique makes you question everything and find out the reason why something is to be accepted as the truth, and in this way, the information that you learn is retained for a long time. The two learning principles I've chosen from this technique are chunking and Foundational learning.

1)Chunking: Chunking is when you take one big block of information and divide it into smaller chunks to facilitate easier understanding and learning. while explaining something to yourself, you can divide the topic into chunks and explain each one individually to yourself to ensure that every aspect of the topic is covered in a proper manner. Even if by chance you forget one chunk you can easily remember how you explained that chunk to yourself and be able to reproduce it when required.

2)Foundational learning: Now, coming to Foundational learning which is the use of prior knowledge and associations as a sort of base to build up your understanding of the topic. If the foundation is strong, then the entire structure will be strong as well. While explaining to yourself you can use all of your previous learning and things which you know and understand completely, to teach yourself new and complex topics in a way that makes sense. Once you are confident with that concept then you can use it as the foundation of more topics. In conclusion, I find that self-explanation is a very helpful technique for any student and can be effectively utilized to make studying a breeze.

Another technique that I frequently use in my studying is Re-reading. This technique is used by lots of students because many practice it. Re-reading helps us to understand and go broader into that topic. When I can't solve any maths problem I try to read the topic once again to understand much better. Many people think that if they are re-reading any sentence or topic that they have less brainpower but for me, it's like understanding the topic much better by rereading and to get a better outcome further. Re-reading grabs a lot of time. The two learning principles I've chosen from this topic are skimming and deep processing.

1)Skimming: Skimming is a process of speed reading that involves searching for the most important sentences of a particular topic that involves the main idea of that topic. Skimming helps to read the topic sooner. Chunking can also be used for skimming because it does help in understanding the topic sooner when we chunk it in parts. Skimming is very helpful in Re-reading as it takes less time to get the most benefit of Re-reading.

2)Deep processing: Deep processing involves elaboration that makes up a lot of purposeful analysis of data and ends up in higher recall.For example, giving words a meaning or linking them with previous knowledge while reading it would be a meaningful way to perform multiple mental and cognitive actions at once thus ensuring that it is retained. Deep processing tells how words work together to create the meaning of that topic or sentence. We often use Deep processing in re-reading to ensure that the brain doesn't get bored reading the same information, and this is accomplished by using varying methods of analysis when reading some information

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