

LEARNING COMES FROM PRACTICE

It can take a few steps to learn that can show you how to grow from what you study.



GROUP LEARNING INTO CHUNKS

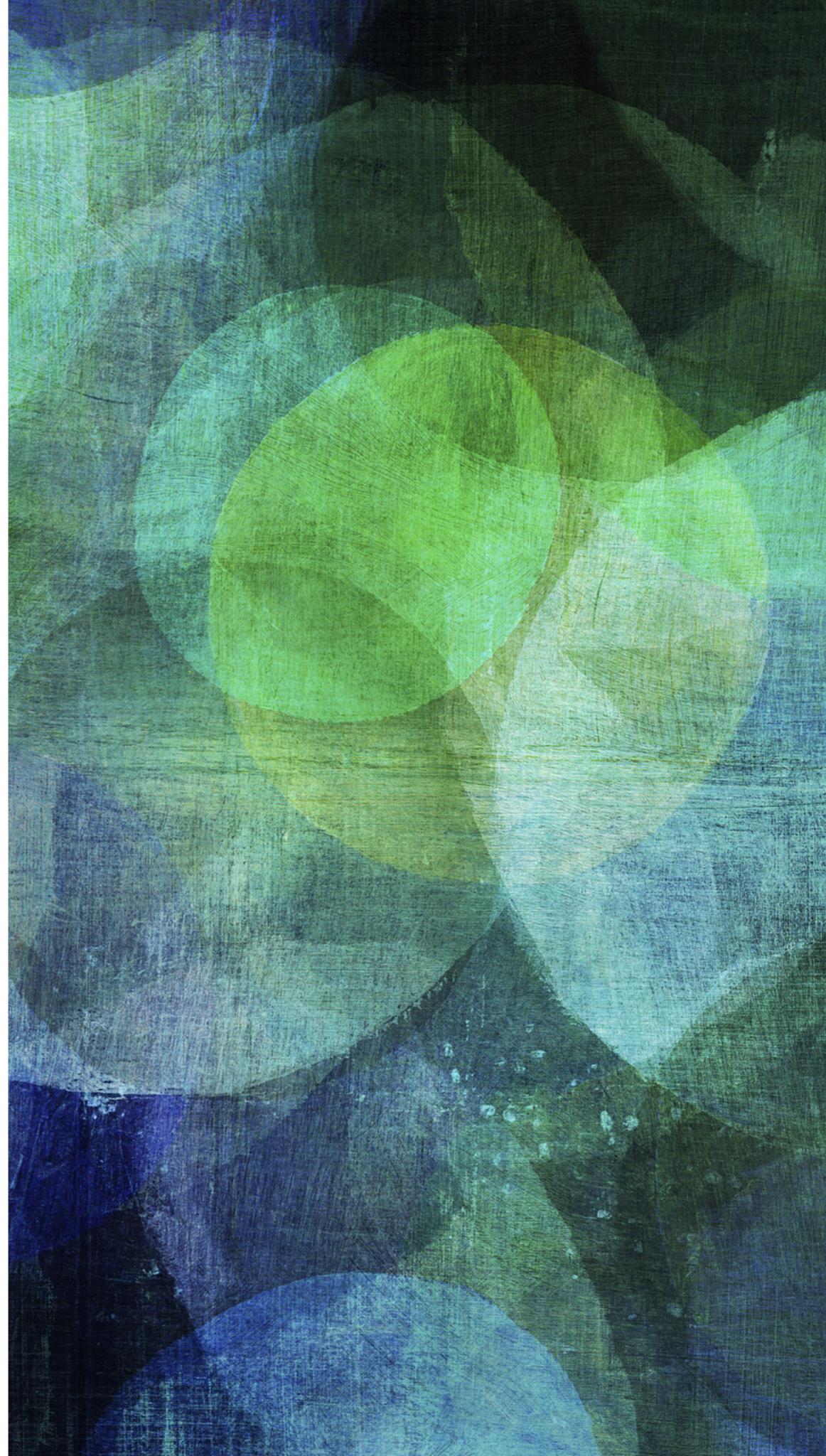
This can help you better grasp your study material

FORMING GOOD LEARNING HABITS

- Rewarding yourself is a good strategy with learning because it is goal oriented. Process focused studying is better than planning to study bulk material in a short time.
- If you create flash cards you have a chance to make normal memory visual.
- When memory is stored in long term parts of the brain it is more likely to become a habit than if it is stored short term memory.
- Keeping a to do list can be handy at learning especially if you need to remember something the next day.

DON'T BE FOOLED WITH LEARNING TRAPS

*Just because you have a bag doesn't
mean you have a good catch.*



BEING SHARP ABOUT STUDYING

- Practice and repeating over several days can bring long term memory from simple working memory.
- Turning memory into audio, scented, or visual chunks can help you use different learning styles: olfactory, gustatory, and visual
- Interleaving can help during learning because you plan study times to prevent from procrastinating.



THE BRAIN NEEDS PROCESSES TO LEARN!

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- The mechanics of learning involves neurons and brain growth.
- When neurons work in patterns they store chunks.
- Long term memories are stored in the back of the brain and working memory are created in the front of the brain.