

We think of a “Head First” reader as a learner.

So what does it take to *learn* something? First, you have to *get it*, then make sure you don’t *forget it*. It’s not about pushing facts into your head. Based on the latest research in cognitive science, neurobiology, and educational psychology, *learning* takes a lot more than text on a page. We know what turns your brain on.

Some of the Head First learning principles:

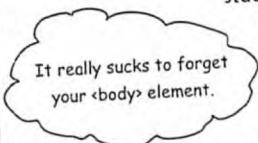
Make it visual. Images are far more memorable than words alone, and make learning much more effective (up to 89% improvement in recall and transfer studies). It also makes things more understandable.

Put the words within or near the graphics they relate to, rather than on the bottom or on another page, and learners will be up to twice as likely to solve problems related to the content.



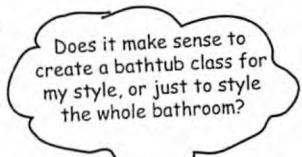
Use a conversational and personalized style.

In recent studies, students performed up to 40% better on post-learning tests if the content spoke directly to the reader, using a first-person, conversational style rather than taking a formal tone. Tell stories instead of lecturing. Use casual language. Don’t take yourself too seriously. Which would you pay more attention to: a stimulating dinner party companion, or a lecture?



The head element is where you put things about your page.

Get the learner to think more deeply. In other words, unless you actively flex your neurons, nothing much happens in your head. A reader has to be motivated, engaged, curious, and inspired to solve problems, draw conclusions, and generate new knowledge. And for that, you need challenges, exercises, and thought-provoking questions, and activities that involve both sides of the brain, and multiple senses.



Get—and keep—the reader’s attention. We’ve all had the “I really want to learn this but I can’t stay awake past page one” experience. Your brain pays attention to things that are out of the ordinary, interesting, strange, eye-catching, unexpected. Learning a new, tough, technical topic doesn’t have to be boring. Your brain will learn much more quickly if it’s not.

Touch their emotions. We now know that your ability to remember something is largely dependent on its emotional content. You remember what you *care* about. You remember when you *feel* something. No, we’re not talking heart-wrenching stories about a boy and his dog. We’re talking emotions like surprise, curiosity, fun, “what the...?”, and the feeling of “I Rule!” that comes when you solve a puzzle, learn something everybody else thinks is hard, or realize you know something that “I’m more technical than thou” Bob from engineering doesn’t.



Metacognition: thinking about thinking

If you really want to learn, and you want to learn more quickly and more deeply, pay attention to how you pay attention. Think about how you think. Learn how you learn.

Most of us did not take courses on metacognition or learning theory when we were growing up. We were *expected* to learn, but rarely *taught* how to learn.

But we assume that if you're holding this book, you really want to learn how to create Web pages. And you probably don't want to spend a lot of time. And you want to *remember* what you read, and be able to apply it. And for that, you've got to *understand* it. To get the most from this book, or *any* book or learning experience, take responsibility for your brain. Your brain on *this* content.

The trick is to get your brain to see the new material you're learning as Really Important. Crucial to your well-being. As important as a tiger. Otherwise, you're in for a constant battle, with your brain doing its best to keep the new content from sticking.

So how **DO** you get your brain to think HTML & CSS are as important as a tiger?

There's the slow, tedious way, or the faster, more effective way. The slow way is about sheer repetition. You obviously know that you *are* able to learn and remember even the dullest of topics, if you keep pounding on the same thing. With enough repetition, your brain says, "This doesn't *feel* important to him, but he keeps looking at the same thing *over* and *over* and *over*, so I suppose it must be."

The faster way is to do ***anything* that increases brain activity**, especially different types of brain activity. The things on the previous page are a big part of the solution, and they're all things that have been proven to help your brain work in your favor. For example, studies show that putting words *within* the pictures they describe (as opposed to somewhere else in the page, like a caption or in the body text) causes your brain to try to make sense of how the words and picture relate, and this causes more neurons to fire. More neurons firing = more chances for your brain to *get* that this is something worth paying attention to, and possibly recording.

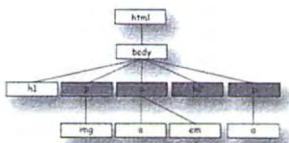
A conversational style helps because people tend to pay more attention when they perceive that they're in a conversation, since they're expected to follow along and hold up their end. The amazing thing is, your brain doesn't necessarily *care* that the "conversation" is between you and a book! On the other hand, if the writing style is formal and dry, your brain perceives it the same way you experience being lectured to while sitting in a roomful of passive attendees. No need to stay awake.

But pictures and conversational style are just the beginning.



Here's what WE did:

We used **pictures**, because your brain is tuned for visuals, not text. As far as your brain's concerned, a picture really *is* worth 1024 words. And when text and pictures work together, we embedded the text *in* the pictures because your brain works more effectively when the text is *within* the thing the text refers to, as opposed to in a caption or buried in the text somewhere.



We used **redundancy**, saying the same thing in *different* ways and with different media types, and *multiple* senses, to increase the chance that the content gets coded into more than one area of your brain.

We used concepts and pictures in **unexpected** ways because your brain is tuned for novelty, and we used pictures and ideas with at least *some* **emotional** content, because your brain is tuned to pay attention to the biochemistry of emotions. That which causes you to *feel* something is more likely to be remembered, even if that feeling is nothing more than a little **humor**, **surprise**, or **interest**.



Be the Browser

We used a personalized, **conversational style**, because your brain is tuned to pay more attention when it believes you're in a conversation than if it thinks you're passively listening to a presentation. Your brain does this even when you're *reading*.

We included more than 100 **activities**, because your brain is tuned to learn and remember more when you **do** things than when you *read* about things. And we made the exercises challenging-yet-do-able, because that's what most *people* prefer.

We used **multiple learning styles**, because *you* might prefer step-by-step procedures, while someone else wants to understand the big picture first, while someone else just wants to see a code example. But regardless of your own learning preference, *everyone* benefits from seeing the same content represented in multiple ways.

We include content for **both sides of your brain**, because the more of your brain you engage, the more likely you are to learn and remember, and the longer you can stay focused. Since working one side of the brain often means giving the other side a chance to rest, you can be more productive at learning for a longer period of time.

And we included **stories** and exercises that present **more than one point of view**, because your brain is tuned to learn more deeply when it's forced to make evaluations and judgements.



BULLET POINTS

We included **challenges**, with exercises, and by asking **questions** that don't always have a straight answer, because your brain is tuned to learn and remember when it has to *work* at something. Think about it—you can't get your *body* in shape just by *watching* people at the gym. But we did our best to make sure that when you're working hard, it's on the *right* things. That **you're not spending one extra dendrite** processing a hard-to-understand example, or parsing difficult, jargon-laden, or overly terse text.



Puzzles

We used **people**. In stories, examples, pictures, etc., because, well, because *you're* a person. And your brain pays more attention to *people* than it does to *things*.

We used an **80/20** approach. We assume that if you're going to be a kick-butt Web developer, this won't be your only book. So we don't talk about *everything*. Just the stuff you'll actually *need*.





Here's what YOU can do to bend your brain into submission

So, we did our part. The rest is up to you. These tips are a starting point; listen to your brain and figure out what works for you and what doesn't. Try new things.

Cut this out and stick it on your refrigerator.

1 Slow down. The more you understand, the less you have to memorize.

Don't just *read*. Stop and think. When the book asks you a question, don't just skip to the answer. Imagine that someone really is asking the question. The more deeply you force your brain to think, the better chance you have of learning and remembering.

2 Do the exercises. Write your own notes.

We put them in, but if we did them for you, that would be like having someone else do your workouts for you. And don't just *look* at the exercises. **Use a pencil.** There's plenty of evidence that physical activity *while* learning can increase the learning.

3 Read "There Are No Dumb Questions."

That means all of them. They're not optional sidebars, ***they're part of the core content!*** Don't skip them.

4 Make this the last thing you read before bed. Or at least the last challenging thing.

Part of the learning (especially the transfer to long-term memory) happens *after* you put the book down. Your brain needs time on its own, to do more processing. If you put in something new during that processing time, some of what you just learned will be lost.

5 Talk about it. Out loud.

Speaking activates a different part of the brain. If you're trying to understand something, or increase your chance of remembering it later, say it out loud. Better still, try to explain it out loud to someone else. You'll learn more quickly, and you might uncover ideas you hadn't known were there when you were reading about it.

6 Drink water. Lots of it.

Your brain works best in a nice bath of fluid. Dehydration (which can happen before you ever feel thirsty) decreases cognitive function.

7 Listen to your brain.

Pay attention to whether your brain is getting overloaded. If you find yourself starting to skim the surface or forget what you just read, it's time for a break. Once you go past a certain point, you won't learn faster by trying to shove more in, and you might even hurt the process.

8 Feel something.

Your brain needs to know that this *matters*. Get involved with the stories. Make up your own captions for the photos. Groaning over a bad joke is *still* better than feeling nothing at all.

9 Write a lot of code!

There's only one way to learn to develop Ruby apps: **write a lot of code.** And that's what you're going to do throughout this book. Coding is a skill, and the only way to get good at it is to practice. We're going to give you a lot of practice: every chapter has exercises that pose a problem for you to solve. Don't just skip over them—a lot of the learning happens when you solve the exercises. We included a solution to each exercise—don't be afraid to **peek at the solution** if you get stuck! (It's easy to get snagged on something small.) But try to solve the problem before you look at the solution. And definitely get it working before you move on to the next part of the book.