

Introduction to Chunking

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This week, we're going to be talking about chunks, compact packages of information that your mind can easily access. We'll talk about how you can form chunks, how you can use them to improve your understanding of, and creativity with the material, and how chunks can help you do better on tests. We'll also talk about illusions of competence in learning. This was when you're using ineffective study methods that fool your mind into thinking you're learning something when you're mostly just wasting your time. We'll cover what those less effective study methods are and tell you what methods research has shown will work better to help you in your studies. Finally we'll talk about something called *overlearning*, which can solidly ingrain information in your mind, but also can be a little like digging deeper ruts as you might spin your wheels ineffectively in learning. You can make your study time more valuable by interleaving, providing intelligent variety in your studies.

I'm Barbara Oakley. Thanks for learning how to learn.