Java Forum: <https://javaranch.com/>

Head First Java的Java code下載地址：wickedlysmart.com

Learning habit

## Principle

A person’s brain craves novelty

e.g. unusual, interesting, dangerous

## A stimulating learning process

1. Get - and keep – the reader’s attention.
2. Make it (knowledge & skills) visual （視覺刺激）
3. Use a conversational and personalized style （陪伴）
4. Get the learner to think more deeply

* The big picture & layout
* Think（Don’t just read. Stop and think.）
* Practice（Your brain is turned to learn and remember more when you do things than when you read about things.）
* Repetition (刺激multiple senses, the content gets coded into more than one area of your brain) （執行力）

1. Touch learns’ emotions

* curiosity, surprise, fun （過程好玩）
* achievement (when a problem is solved or you have made some progress)（結果有成就感）

1. Rest

* 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.（消化）
* When your brain is getting overloaded, rest. （放鬆）