

HOW DO I LEARN?

MOTIVATION AND GOAL SETTING:

The process begins with motivation and goal setting, driven by individual interests and needs.

PRIOR KNOWLEDGE ACTIVATION:

Existing knowledge is activated to provide a foundation for new learning, forming connections in the brain.

ATTENTION AND PERCEPTION:

Individuals focus attention on relevant stimuli, engaging sensory perception to absorb information.

CHUNKING AND ORGANIZATION:

New information is broken down into manageable chunks and organized for better cognitive processing.

REPETITION AND PRACTICE:

Repetition and practice reinforce neural connections, promoting retention and skill development.

FEEDBACK AND ASSESSMENT:

Continuous feedback and self-assessment help individuals gauge their understanding and make adjustments.

INTERLEAVED LEARNING:

Mixing different topics or skills during learning sessions enhances overall comprehension and adaptability.