

# 1.Principle of Learning and Remembering Cheat Sheet by Aliya nadhirah via cheatography.com/193099/cs/40157/

#### learning and memory

what is learning?

alter behavior on the basis of experience

what is memory?

acquisition, storage & retrieval of sensory information

what is thought?

result from pattern of stimulation of many parts of the nervous system at the same time

#### Principle of learning and remembering

Principles of Learning and Memory focuses on the most relevant and important processes, which are explored in five sections from an interdisciplinary perspective: memory creation, organisation, consolidation, control, and adaptive specialisation.

#### 12 principles of memory

selectivity

association

visualization

elaboration

concentration

recitation

intention

big and little pictures

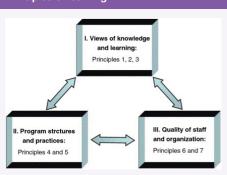
feedback

organization

time on task

ongoing review

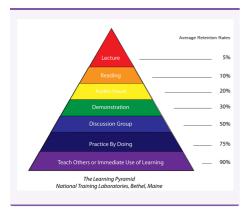
#### Principles of learning



## brain



the learning pyramid



### 4 principles of learning

STRUCTURE: pay attention how
ORGANIZE AND information organized
CLARIFY and keep it simple

INFORMATION

EFFORT: test your compre-ENGAGE WITH hension and write down MATERIAL what you learn in your

own words

ACTIVE make abstract

LEARNING: concepts more

USE WHAT YOU concrete by applying

LEARN them to your life

RELEVANCE: focus information that
HAVE A GOOD relevant to your life and
REASON FOR information you can

LEARNING use now



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