Cheatography

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

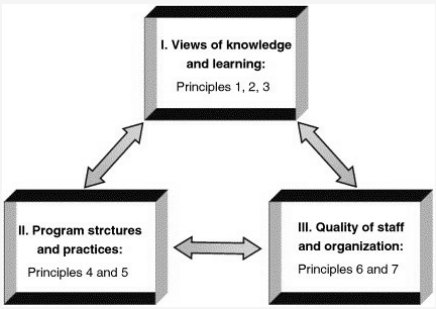
Principle of learning and remembering

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

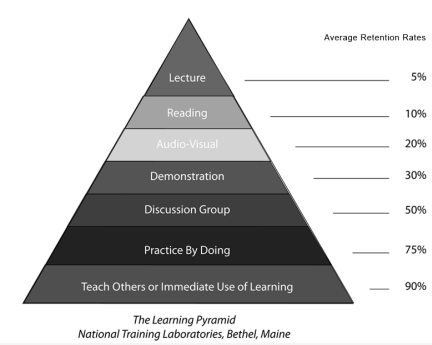
- selectivity
- association
- visualization
- elaboration
- concentration
- recitation
- intention
- big and little pictures
- feedback
- organization
- time on task
- ongoing review

Principles of learning



brain

the learning pyramid



4 principles of learning	
STRUCTURE : ORGANIZE AND CLARIFY INFORMATION	pay attention how information organized and keep it simple
EFFORT : ENGAGE WITH MATERIAL	test your compre-hension and write down what you learn in your own words
ACTIVE LEARNING : USE WHAT YOU LEARN	make abstract concepts more concrete by applying them to your life
RELEVANCE : HAVE A GOOD REASON FOR LEARNING	focus information that relevant to your life and information you can use now

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