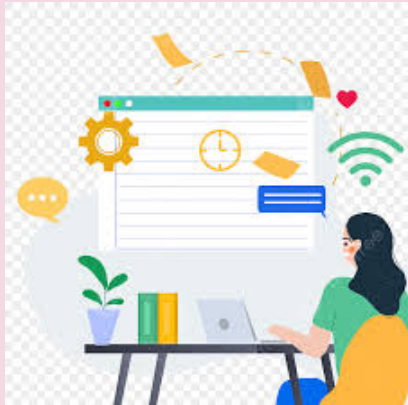


Learning Notes



Overview & Content in Learning

- Focuses on the most topical and central phenomena

What is Remembering?

Definition

The process of consciously reviving or bringing to mind.

1. Memorization strategies!

- Try to understand the information first
- Write it out
- Memorable visual images
- Talk to yourself
- Use memory devices

What is Learning?

Meaning

- The acquisition of information, knowledge and skills
 - Involves an active processes of inquiry & participation in the world
1. Tips to learn easily and smart
- Try self testing (such as quiz, test, etc)
 - Teach the information to someone else
 - Change your practice technique each day
 - Stop multitasking (you will get distracted)
 - Make an analogy to something you already know

The Benefits of Learning & Remembering

Improved learning	Social advantages
Knowledgeable	Creative
Independent	Smart

Remembering Notes

