

### 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



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