

### PRINCIPLE OF LEARNING AND REMEMBERING

#### 4 Principles of Learning

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**STRUCTURE: Organize & clarify information.**

Pay attention to how information is organized to understand the big picture and grasp the main ideas. Don't get bogged down with superfluous details. Keep it simple. Ask yourself: "What is the main idea being communicated here?"

**EFFORT: Engage with the material.**

Test your comprehension by writing down what you learn in your own words without looking at the source material. Strengthen neural connections by using spaced repetition. Keep ideas in your working memory longer to make them stick.

**ACTIVE LEARNING: Use what you learn.**

Make abstract concepts more concrete by applying them to your life and teaching them to others.

**RELEVANCE: Have a good reason for learning.**

Consume information that's relevant to your life in some way. Focus on information you can use now, not at some unspecified point in the future. Read to solve problems. Seek topics that truly interest you.

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some guidelines for remembering, the following is a general definition of the principles:

- |                                  |   |
|----------------------------------|---|
| 1) actively process the material | 5 sections in Principles of Learning and Memory |
| 2) practise retrieval            | 1) discuss the development,                     |
| 3) use metamemory                | 2) organi-<br>sation                            |
| 4) distributed practise          | 3) consol-<br>idation                           |
| 5) third-party practise          | 4) control                                      |
|                                  | 5) adaptive<br>specialisation<br>of memories    |

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