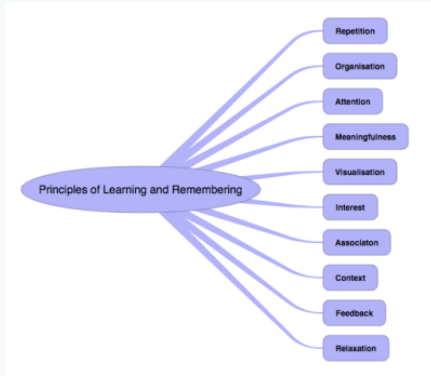


### the principles of learning and remembering



### how to apply

Set Clear Learning Goals

Active Engagement:

Use Effective Learning Strategies

Minimize Distractions

### the importance

Efficient Skill Acquisition	Effective Problem Solving
Personal Development	Critical Thinking
Academic Success	Fostering Creativity



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Not published yet.

Last updated 5th September, 2023.

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