

### 10 Memory of Principles

interest	intent to remember
basic background	selectivity
meaningful organization	recitation
mental visualazation	association
consolidation	distributed practice

### What are they based on?

the principles of learning and remembering are based on the theory of cognitive psychology, which is the study of the mental processes involved in perception, attention, memory, language, problem-solving, and decision-making. these concepts are used to plain and understand how people learn new things, retain information over time, and apply what they have learned in real-world situations.

### What are they provide?

framework for understanding how learning and memory work

can improve learning outcomes and retention of information

help individuals to identify and overcome barriers to learning and remembering

### Principles of Learning and Memory

process material actively

practice retrieval

use distributed practice

use metamemory

### 8 Principles of Learning

intention	authenticity
planning	clarity
movement and assessment	reflection
evaluation	acknowledgement

### Principles for Remembering



