

### Principle of Learning and Remembering

#### Learning

STRUCTURE: Organize & clarify information

EFFORT: Engage with the material

ACTIVE LEARNING: Use what you learn

RELEVANCE: Have a good reason for learning

#### Remembering

working memory.

sensory memory.

short-term memory.

long-term memory.

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working memory. sensory memory. short-term memory. long-term memory.

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