

### 4 PRINCIPLES OF LEARNING

- **STRUCTURE**: organize & clarify information

- **EFFORT**: engage with the material

- **ACTIVE LEARNING**: use what you learn

- **RELEVANCE**: have a good reason for learning

### the relationship between learning and memory

Both memory and learning are fundamental to the human experience and have many similarities. It's frequently just as vital to retain new information in your memory as it is to learn it.

Depending on what you are learning, learning entails gaining new skills and knowledge, and it can be a complicated process. On the other side, memory deals with how the brain keeps that data.

### MEMORY PRINCIPLES

INTEREST                      SELECTIVITY

INTEND TO                    MEANINGFUL

REMEMBER                   ORGANIZATION

BASIC                         RECITATION

BACKGROUND

### EFFECTIVE LEARNING AND STRATEGIES

-Improve your memory by using techniques such as mnemonics, repetition, elaboration, etc.

Learn in multiple ways by using different senses, modalities, and perspectives

Keep learning new things to stimulate your brain and prevent cognitive decline

Use retrieval practice by testing yourself on the material you learned

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