

### Learning Notes



### Overview & Content in Learning

- Focuses on the most topical and central phenomena

### What is Remembering?

#### Definition

The process of consciously reviving or bringing to mind.

#### 1. Memorization strategies!

- Try to understand the information first
- Write it out
- Memorable visual images
- Talk to yourself
- Use memory devices

### The Benefits of Learning & Remembering

|                   |                   |
|-------------------|-------------------|
| Improved learning | Social advantages |
| Knowledgeable     | Creative          |
| Independent       | Smart             |

### What is Learning?

#### Meaning

- The acquisition of information, knowledge and skills
  - Involves an active processes of inquiry & participation in the world
1. Tips to learn easily and smart
- Try self testing (such as quiz, test, etc)
  - Teach the information to someone else
  - Change your practice technique each day
  - Stop multitasking (you will get distracted)
  - Make an analogy to something you already know

### Remembering Notes

