

The Keys to Learning: Unlocking Your Brain's Potential

by

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Book Description:

We are still learning how people learn, but there are things that have been discovered, and known, about the learning process since at least 1885. Most students are never made aware of best practices for learning as most instructors are unaware. Learning is developing mental models, which are neural representations of some external reality. Learning should be spaced, and topics interleaved. You should study in multiple places. Slight distractions, such as background noise, aid the learning process. Spaced studying allows for incubation to occur. Incubation is your brain working on problems, or material you have studied, when you are doing something unrelated and relaxing. Much happens in the brain during sleep, such as transferring material to long-term memory; consolidating and interconnecting what was learned during the day; and finding weak associations between your mental models. Learning styles are a myth. What has been proven is the more senses you bring to bear the better the learning. Most students use techniques that are naïve practices, such as highlighting; and rereading text and notes, which don't improve learning. There are purposeful practices, such as self-testing, which are very effective and need to be incorporated in the study process. You need to develop the right mindset, self-control, and grit as these are more important than any innate talent to your success. Nutrition, exercise, sleep, and meditation play important roles in the functioning of the brain. To better your learning is a way of life. This book is about how best to learn and to optimize your brain for the learning process.