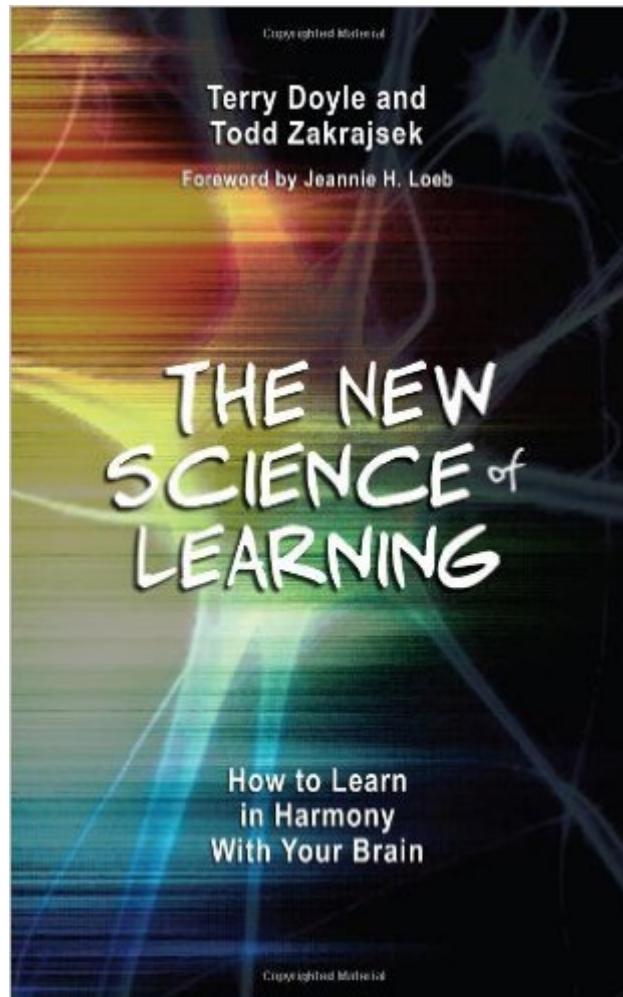


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# The New Science Of Learning: How To Learn In Harmony With Your Brain



## Synopsis

Learning to learn is the key skill for tomorrow. This breakthrough book builds the foundation every student needs, from freshman orientation to graduate school. Recent advances in brain science show that most students' learning strategies are highly inefficient, ineffective or just plain wrong. While all learning requires effort, better learning does not require more effort, but rather effectively aligning how the brain naturally learns with the demands of your studies. This book shows you what is involved in learning new material, how the human brain processes new information, and what it takes for that information to stick with you even after the test. Taking a small amount of time to read and act upon the material in this book will prove to be one of the best decisions you can make as a learner. What you discover will change the way you learn in college and will be helpful in your personal and professional life. You live in a world where you will have to be a lifelong learner, constantly updating your skills and changing jobs to compete in the global marketplace. Most college students today will have as many as 10-14 different jobs by age 38. Learning how to learn in harmony with your brain is crucial to your long-term success. This succinct book explains straightforward strategies for changing how you prepare to learn, engage with your course material, and set about improving recall of newly learned material whenever you need it. This is not another book about study skills and time management strategies, but instead an easy-to-read description of the research about how the human brain learns in a way that you can put into practice right away. Did you know neuroscientists have shown that memories are made while you sleep, and by studying right before sleeping you can make stronger memories for your information? In this book the authors explain the role that sleep, exercise and your senses play in learning; how memory works and what makes the brain pay attention; the importance of your mindset towards learning and pattern recognition; as well as new breakthroughs in brain science that can enhance your ability to learn new information and make later recall (for tests or everyday life) easier. This book will put you on the path to reaching your full learning potential.

## Book Information

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## Customer Reviews

I'm an economics professor at a small liberal arts college. I've spent as much time studying the literature on teaching and learning (in hopes of becoming a better teacher and learner) as I have on my discipline. I purchased this book and devoured it in one sitting. It should be required reading for every college student and every college professor.\*\*\*\*\* For students \*\*\*\*\*You're in college to LEARN, and you're going to be in college for several years. Yet you come to college with little to no knowledge about HOW to learn or HOW to study. And sadly, nobody in college will teach you these essential skills. You'll read your textbook (maybe), take notes in class, review your notes before the test. Maybe this will be sufficient to get a decent grade. But it won't result in much learning. So you'll end up with a piece of paper that says you have an education, but not with much actual education. And you NEED that education if you want to thrive in this increasingly competitive knowledge-based and information-based economy. This short book can help you really learn and retain information. The book says it's not hard, you just have to know what to do. I disagree: it's hard to change habits, and the bad news is that you'll need to change some habits if you really want to learn. Habits like time management, to insure you have enough time for sleep, for exercise, and for studying outside of class; this is hard, because it means making tough choices about how you use your time. Another habit that needs to go: "multitasking." Your generation is better than any previous generation at task-switching, which you think of as multitasking. But true learning requires FOCUS.

This is a very helpful little book. I share the authors' amazement that we can spend so long in education, doing lots of learning, without ever being taught much about the processes for learning. The book seems to be aimed at new students entering college in USA. I think it works far wider than that. I'd recommend it to all of us involved in learning tasks particularly in educational settings, but I think we're all in one of those-as all jobs these days involve ongoing learning. they'd be boring if they didn't. This book is really about how humans prepare themselves to take in and subsequently use new ideas and information. The basic themes are simple and apply at any age.

Eat well. Sleep well. Do regular exercise. The brain is like a muscle and gets better with use. Intelligence is not a fixed given about you, it can to a very large extent be developed via disciplined practice. Gradual assimilation and frequent review of information gets it into long term memory. Cramming May get you through an exam, but the learning lasts about 36 hours at best, and may distract you from recalling some of your deeper memories. Learning proceeds best in a quiet focused area. You pay attention, and you only have a certain amount of this for each day- direct it carefully- a view that works in workplaces as well as education. Multitasking is a disaster for cognitive function - less gets done, it gets done less well, and overall everything takes longer. Being hyper stimulated e.g with music, TV, iPad, and other parallel activities reduces sleep, fatigues the brain, and distracts from learning. In our work worlds we pay a huge cost for repeated interruptions- we don't either deal with the interruption or the original task well.

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