

# A FEW LEARNING THEORIES

1. If you read new information, your brain will remember almost perfectly for about fifteen seconds. Then you will forget fairly rapidly.
2. If you say a fact to yourself over and over again, you will put it in your memory very firmly. This is not the same as re-reading it; it is saying it and/or writing it.
3. If you ask yourself a question to which the new information is the right answer, then say the new fact to yourself as the answer, this will increase your memory capability.
4. When memorizing facts, material becomes rote after the third repetition. Therefore, rotate material to be memorized in sets of three. The optimum time for memorization is five to fifteen minutes at intervals of two to twenty-four hours.
5. For maximum effectiveness, review should occur between two and twenty-four hours after new material has been introduced.
6. If you set up categories before beginning to read, it is easier to notice things that fit into the categories, thus easier to remember.
7. When students know precisely what a teacher expects of them, they are more likely to adjust their behavior to receive the reward and avoid problems.
8. It is best to schedule your studying so that you don't study like subjects in sequence. For example, if you have two subjects that require a large amount of reading comprehension, design a study pattern that places mathematical calculations in between them.
9. Students will tend to study more effectively and avoid burnout if they build refreshing and rewarding breaks into their study period.
10. The more senses that are involved in the learning process, the more rapidly learning will occur.
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13. The more senses that are involved in the learning process, the more rapidly learning will occur.
14. A student will learn material more thoroughly if asked to explain it to someone else.
15. If material is personalized, it is remembered longer.