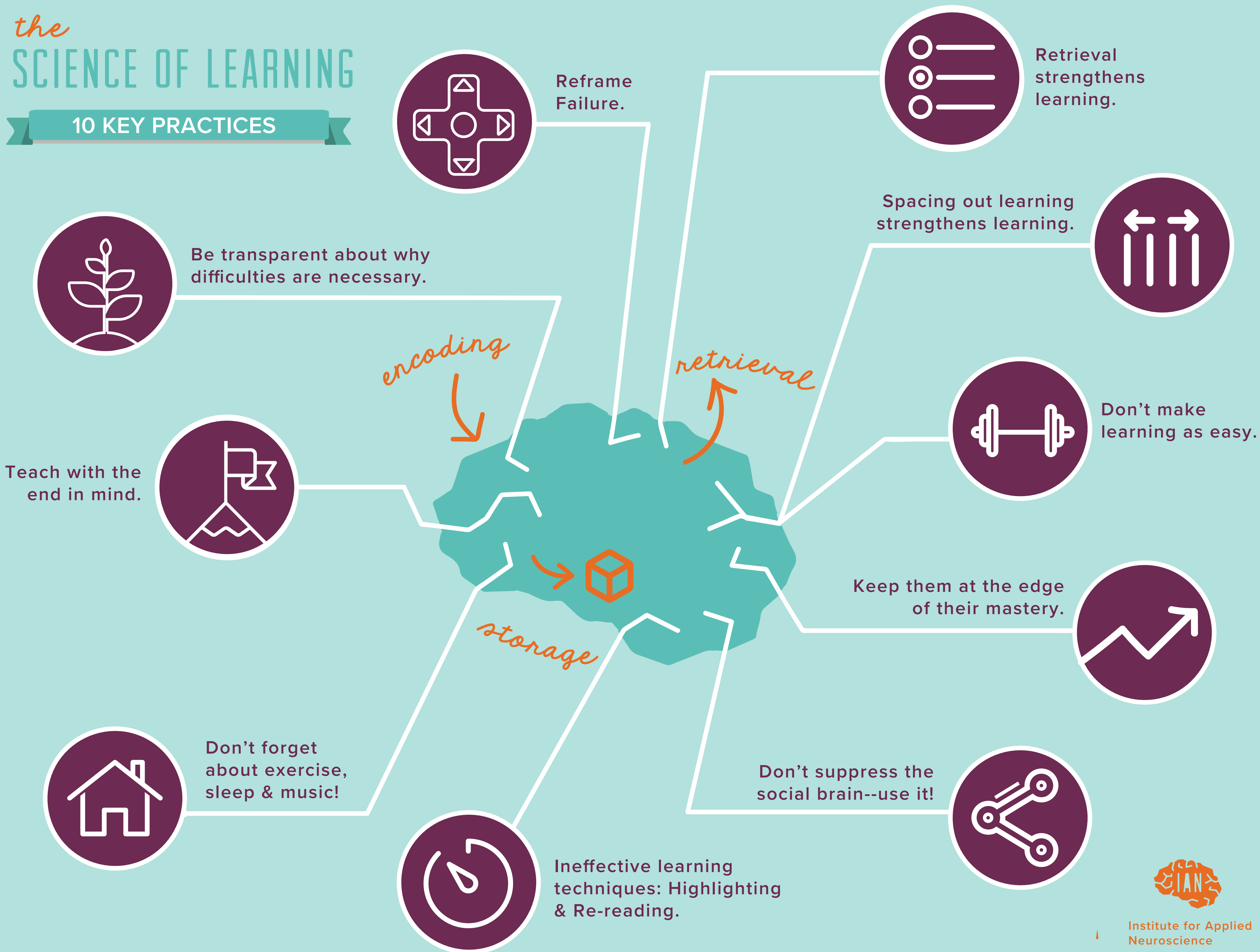


the  
SCIENCE OF LEARNING

10 KEY PRACTICES



Be transparent about why difficulties are necessary.

Reframe Failure.

Retrieval strengthens learning.

Spacing out learning strengthens learning.

Don't make learning as easy.

Keep them at the edge of their mastery.

Don't suppress the social brain--use it!

Ineffective learning techniques: Highlighting & Re-reading.

Don't forget about exercise, sleep & music!

Teach with the end in mind.



Institute for Applied Neuroscience

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