

Active learning

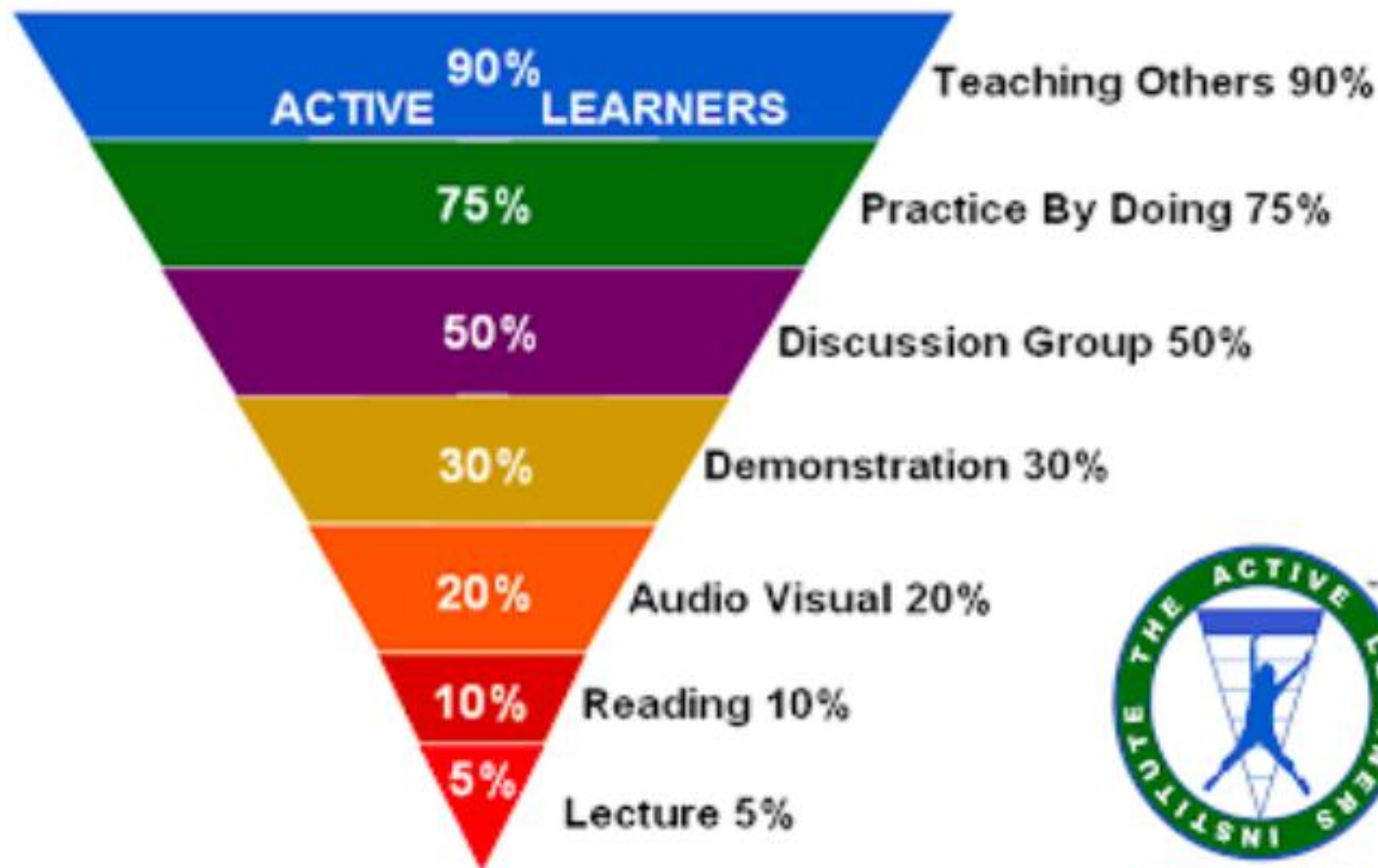
Pomodoro
technique

Techniques for effective learning

Chunking

Spaced recall

Retention Rates



This is your brain

This is a new memory

This is new information

How to REMEMBER BETTER: ACTIVE RECALL

by: study-hack.com

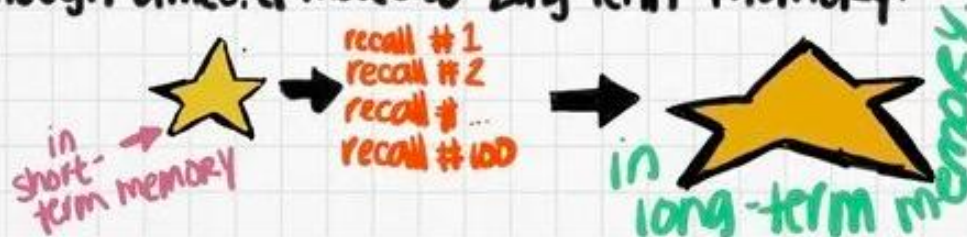
1. New information enters your brain
↳ it gets stored in the working memory for only a few seconds.



2. From the working memory it moves to the short-term memory



3. From short-term memory, if it is recalled enough times, it moves to long-term memory.



Illusions



~ of ~



Competence

Mini testing



Pomodoro Technique

To help prevent procrastination, we could use what is called as *Pomodoro* technique, which was founded by Francesco Cirillo at 1980's. *Pomodoro* is Italian for tomato. The timer he uses that looks like a tomato.

Pomodoro technique is:

- Setting your timer to 25 minutes
- No interruption during the time
- Focus on the task during the time
- A little reward during 5 minutes after a *Pomodoro* (25 minutes) session, the rewards could be a little stretch, taking a coffee, and rest



CHUNKING

When we are trying to learn new things we face neural large chunks and we look towards the one are better at that. Thereafter our mind start making a puzzle/pattern by repeating the activity day by day our mind starts forming neural mini chunks and smooth path to remember.

- Learning how to play Chess.
- Learning how to Drive a Car or Ride a Cycle.

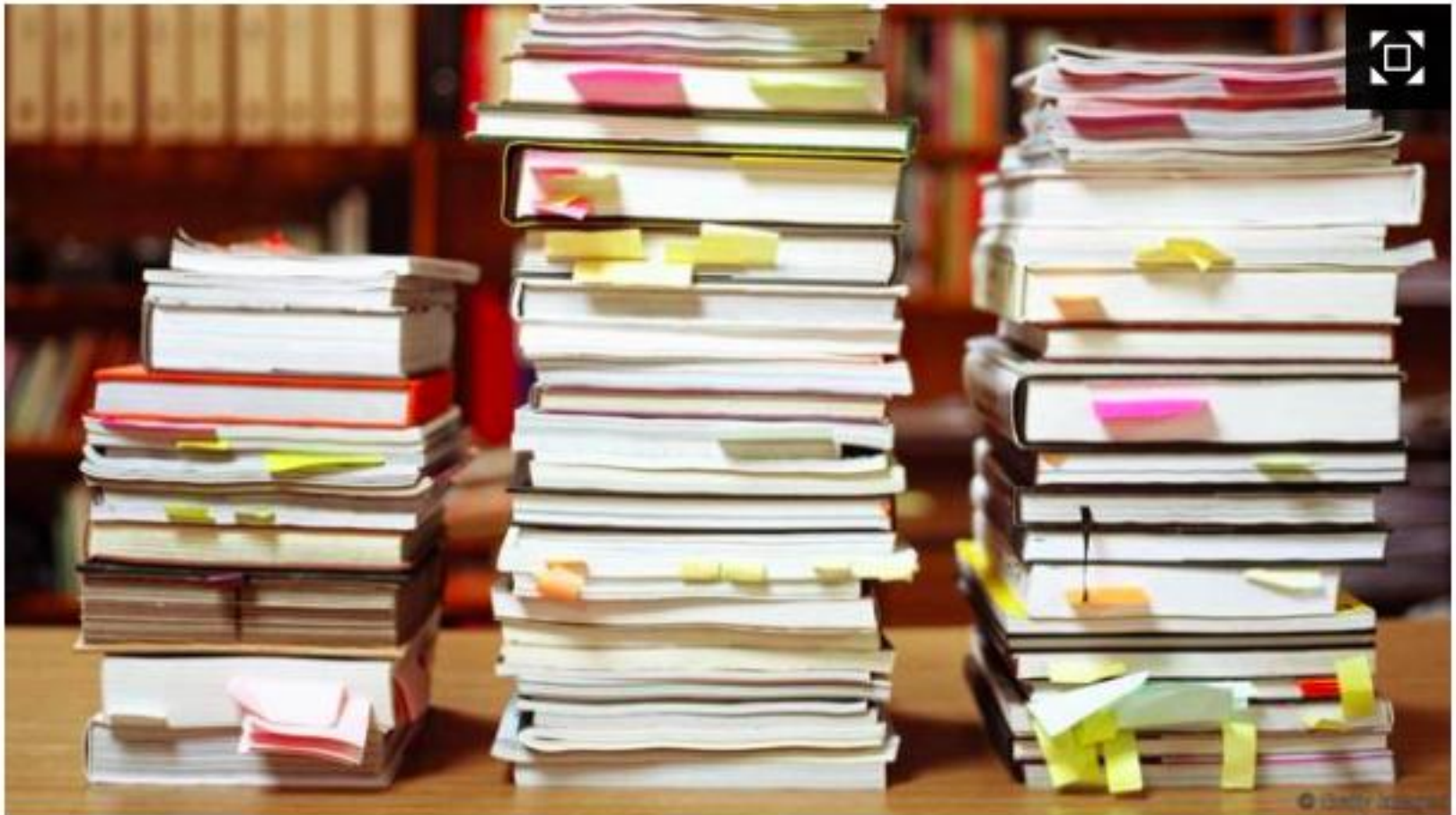
Every new thing that we do creates chunks.



Mastered chunks form a whole puzzle (left) vs. learned but not mastered chunks don't fit into a larger puzzle (right)



Learning a little everyday has more chances that the things can get permanent into your warehouse (Long Term Memory).
A little bit everyday. yes! A little bit every day.
The key is to Keep repeating things time to time.



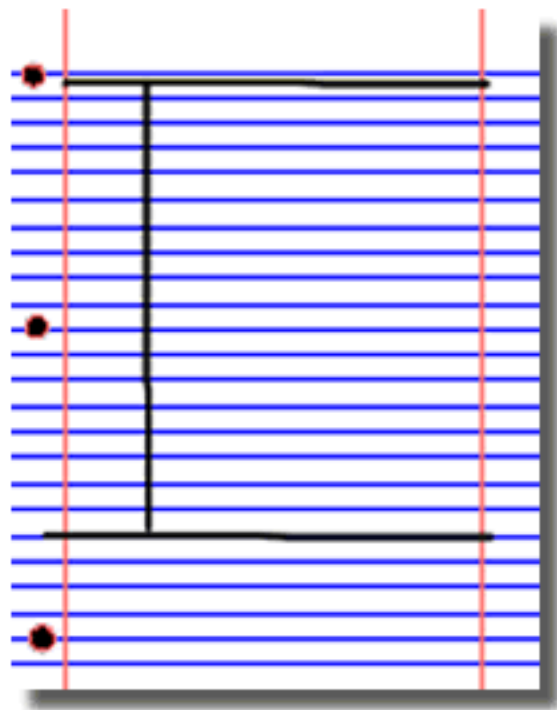
Take a pick-and-mix approach to studying. Switching topics makes your brain work harder, with surprising effects (Credit: Getty Images)

CORNELL NOTES

To help me
take organized notes.

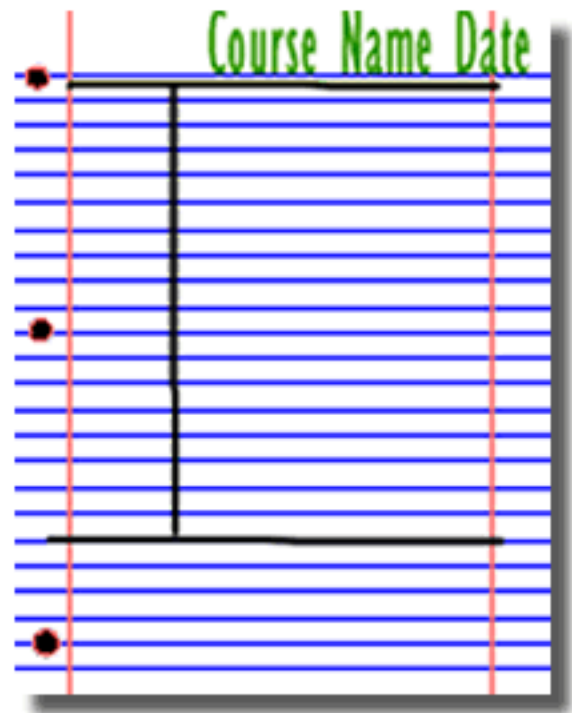
Divide the paper into three sections.

- Draw a dark horizontal line about 5 or 6 lines from the bottom. Use a heavy magic marker to draw the line so that it is clear.
- Draw a dark vertical line about 2 inches from the left side of the paper from the top to the horizontal line.



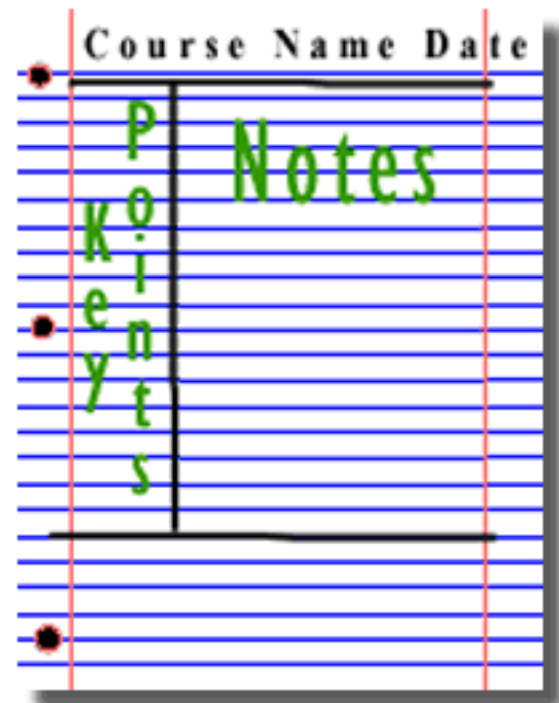
Document

- Write course name, date, and topic at the top of each page.



Write notes.

- The large box to the right is for writing notes.
- Skip a line between ideas and topics.
- Don't use complete sentences. Use abbreviations, whenever possible. Develop a shorthand of your own, such as using "&" for the word "and".



Review and Clarify

R eview and clarify.

- Review the notes as soon as possible after class.
- Pull out main ideas, key points, dates, and people, and write these in the left column.



John O. Student
Biology 301
April 1, 2000

Phylum	Arthropoda
Subphylum	Chelicerata
Chelicerae	3 parts: <ul style="list-style-type: none">• prothema (first pair of appendages are for feeding)• opisthema
examples	scorpions, spiders, ticks, etc.
Prothema	sensory, feeding, and locomotor organs
Opisthema	
Chelicerae	<ul style="list-style-type: none">• pincerlike or chelate• used for feeding• first pair of appendages
Pedipalps	<ul style="list-style-type: none">• second pair of appendages• used for sensory purposes
	feeding locomotion reproduction

Phylum arthropods is made up of subphylum chelicerata. Subphylum chelicerata is characterized by two paired, jointed prothema and opisthema. The prothema and cephalothorax are sensory, feeding, and locomotor organs. The chelicerae is the first appendage and refers to the pincerlike.

The pedipalps are the 2nd pair of appendages, and they are used for sensory purposes: feeding, locomotion, and reproduction.

Pull out main ideas

Study your notes.

- Re-read your notes in the right column.
- Spend most of your time studying the ideas in the left column and the summary at the bottom. These are the most important ideas and will probably include most of the information that you will be tested on.

John Q. Student
Biology 102
April 1, 2000

Phylum Arthropods
Subphylum Chelicerata

Chelicerata
examples: scorpions, spiders, ticks, etc.

Prosoma
Opisthomerite

Chelicerae

Pedipalps

Phylum Arthropods is made up of subphylum Chelicerata. Subphylum Chelicerata is characterized by two parts called prosoma and opisthomerite. The prosoma and cephalothorax are sensory, feeding, and locomotor tagma. The chelicerae is the first appendage and refers to the pincerlike. The pedipalps are the 2nd pair of appendages, and they are used for sensory purposes: feeding, locomotion, and reproduction.