

Make It Stick: The Science of Successful Learning



Make It Stick: The Science of Successful Learning

by Peter C. Brown

★★★★☆ 4.7 out of 5

Language : English

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Text-to-Speech : Enabled

Enhanced typesetting : Enabled

Word Wise : Enabled

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Make It Stick: The Science of Successful Learning is a book that explores the science behind effective learning. The authors, Peter C. Brown, Henry L. Roediger III, and Mark A. McDaniel, draw on decades of research to provide practical advice on how to learn effectively. The book has been praised by educators and psychologists for its clear and concise writing, and for its practical applications.

The Power of Retrieval Practice

One of the most important findings from the research on effective learning is the power of retrieval practice. Retrieval practice is simply the act of trying to recall information from memory. When you retrieve information from memory, you are strengthening the neural connections that encode that information. This makes it more likely that you will be able to remember the information in the future.

There are many different ways to practice retrieval. You can quiz yourself, create flashcards, or teach the material to someone else. The important thing is to try to recall the information from memory without looking at your notes.

Spaced Repetition

Another important principle of effective learning is spaced repetition. Spaced repetition is the process of reviewing information over a period of time. When you review information spaced apart, you are more likely to remember it than if you review it all at once.

There are many different ways to implement spaced repetition. You can use flashcards, create a study schedule, or use a spaced repetition app. The important thing is to review the information at regular intervals.

Interleaving

Interleaving is a learning strategy that involves mixing up different types of problems or topics. When you interleave, you are more likely to be able to transfer your learning to new situations.

For example, if you are studying for a math test, you might interleave algebra problems with geometry problems. This will help you to see the connections between the different topics and to be able to apply your knowledge to a wider range of problems.

Feedback

Feedback is essential for effective learning. Feedback helps you to identify your strengths and weaknesses and to adjust your learning strategies accordingly.

There are many different ways to get feedback. You can ask a teacher or tutor for feedback, or you can use online resources such as Khan Academy. The important thing is to get feedback that is specific and timely.

Motivation

Motivation is a key factor in successful learning. When you are motivated to learn, you are more likely to put in the effort and to persevere when things get tough.

There are many different ways to motivate yourself to learn. You can set goals, find a study buddy, or create a positive learning environment. The important thing is to find what works for you and to stick with it.

Make It Stick: The Science of Successful Learning is a valuable resource for anyone who wants to learn more about effective learning. The authors provide clear and concise explanations of the science behind learning, and they offer practical advice that you can use to improve your own learning. If you are serious about learning, I highly recommend reading this book.



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