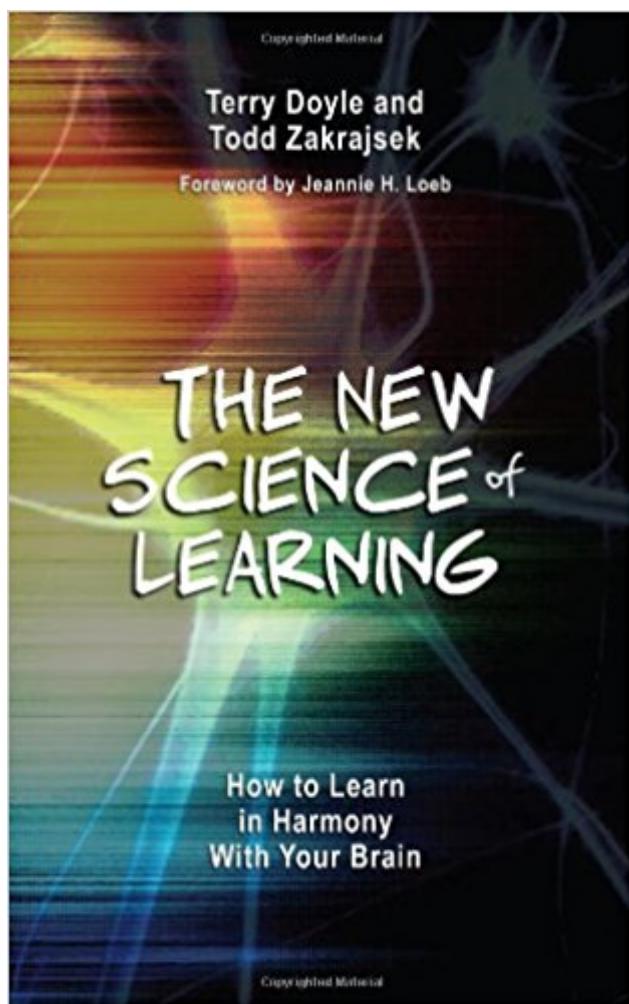


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# The New Science Of Learning: How To Learn In Harmony With Your Brain



## Synopsis

Learning to learn is the key skill for tomorrow. This breakthrough book builds the foundation every student needs, from freshman orientation to graduate schoolRecent 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

“This book is a must-read for students who want time to “have a life” while also being able to improve the way they learn. Too frequently, students are left on their own to navigate through a variety of study and learning strategies which are often not based on brain research. Neuroscientists know so much about how the brain learns best. Unfortunately, they do not usually present their discoveries to those involved with teaching and neither instructors nor students have the time to sift through the voluminous amount of neuroscientific research currently available. Fortunately, Terry and Todd have done the sifting for you. This book highlights and summarizes some of the most recent and impactful insights for learning and memory. In particular, it helps students to better understand a learner centered approach to teaching and learning, a movement which is slowly becoming the norm in higher education. It is not only packed with practical applications of current brain research but also describes why the application of these skills and strategies work in light of the brain’s design. You don’t want to miss being a part of this revolutionary approach to learning!” (Jeannie Loeb, Senior Lecturer, Behavioral Neuroscience in Psychology, University of North Carolina, Chapel Hill) “This is a path-breaking book. Faculties have been learning about how the mind works, and this book spreads the message to students, who need it just as much. More sophisticated and empirically grounded than any study skills manual, this book addresses all the major research findings on how the human brain learns. And it does so using language and examples that students can easily understand and immediately apply to enhance their attention, depth of processing, retention, retrieval, and far-transfer abilities. Plus, each chapter ends with excellent summaries and scholarly references. It deserves to be required reading for all college students—really, anyone interested in learning.” (Linda B. Nilson, Director, Office of Teaching Effectiveness and Innovation)

Terry Doyle is the Chief Instructor for Faculty Development and Coordinator of the New Faculty Transition Program for the Faculty Center for Teaching and Learning at Ferris State University. He

has worked with faculty on 30 campuses across the country on how to develop a learner centered teaching practice and has spoken at over fifty national, international, and regional conferences on topics of teaching and learning over the past eight years. He is a regular featured presenter at Lilly conferences. He is a Professor of Reading and Learning Disabilities at Ferris State where he has taught for the past 30 years. Todd Zakrajsek is an Associate Professor in the Department of Family Medicine at UNC-Chapel Hill, and Executive Director of the Academy of Educators in the School of Medicine. Prior to his work in the School of Medicine, Dr. Zakrajsek was the Executive Director of the Center for Faculty Excellence at University of North Carolina at Chapel Hill. Before arriving at UNC, Dr. Zakrajsek was the Inaugural Director of the Faculty Center for Innovative Teaching at Central Michigan University and the founding Director of the Center for Teaching and Learning at Southern Oregon University, where he also taught in the psychology department as a tenured associate professor. Dr. Zakrajsek currently directs three Lilly Conferences on College and University Teaching and Learning and sits on two educationally related boards: ERI for Lenovo Computer and TEI for Microsoft. Dr. Zakrajsek received his Ph.D. in Industrial/Organizational Psychology from Ohio University. He holds positions on editorial boards for several journals and has both published and presented widely on the topic of student learning, including workshops and conference keynote addresses in 42 states and 6 countries. Watch Todd's TED Talk [here](#).Jeannie H. Loeb

"This book tells you little that your mother didn't tell you," said one of my teacher colleagues. I'd been thinking exactly the same thing. The very big difference, however, is that there is some kind of scientific research to back up the claims. Our college faculty book discussion members all think highly of the book and have had some very lively discussions. I've even taken it to class to read parts of it to my freshmen students who want to multitask by texting in class, really don't want to study for quizzes before the preceding night, and don't sleep nearly enough. We faculty are trying to do better ourselves in light of the evidence in this book and other similar research appearing in other media sources these days.

I would recommend this book for ANYONE who is trying to learn new things - in formal education settings or not. It is full of research on how the brain works (in general and during learning), implications for the learning process, and tips for how to use your brain effectively to learn efficiently. I'm a psychology professor with an interest in teaching and learning, so I feel I'm qualified to make this recommendation.

I wish I had this book before I went to college, I enjoyed reading this book and I would recommend this book to anyone who is thinking about college

This book focuses on the science behind learning and its application to college students. Practical advice on how to train your brain to learn in language that is easy to understand. A good read for those who work with young adults and for young adults themselves.

Great for all high school and college students!!! Highly recommended for first time in college...

Fascinating insight into the learning process! Very useful quick read. This will be staying in my library.

Excellent book and timely arrival

Great Book. Needed it for my College Success Class.

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