MODULE ONE Notes Template: Learning How to Learn!

Learning How to Learn: How to Succeed in School Without Spending All Your Time Studying; A Guide for Kids and Teens

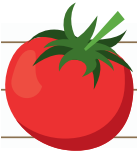by Barbara Oakley PhD (Author), Terrence Sejnowski PhD (Author), Alistair McConville (Author)

>>> **Link to FREE Coursera Online Course**

Notes and Takeaways

Video 1: Two modes of thinking are:

Video 2: Procrastination is like

How does a tomato help?

Video 3: Math and science are tricky because

Video 4: How are neurons like space aliens? Draw + name a neuron if it sounds like fun!

Video 5: What happens when you sleep?

Video 6: Why are metaphors helpful?

Video 7: Summarize Santiago's Story

Applications

What is toggling? How can you use it to help you and when will you try it?

Pomodoro steps: When will you try it?

Rewards:

Why is practice SO important? What do you already practice without thinking about it?

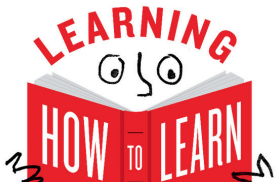What's the best way to study? When will you try it? Who will you tell, to help hold you accountale?

Why are dendritic spines like lie detectors?

When will you try using metaphors? Who do you need to tell so you do it?

What is Santiago's famous technique? Write the 6 steps.

yellow parachute
COACHING + TRAINING PARTNERS

Notes and Takeaways

Interview with Dr. Terrence Sejnowski
How does Dr. Sejnowski learn best?

What does Dr. S. recommend for attending to a lecture? What kind of engagement does he talk about?

How does Dr. S. get into diffuse mode?

What does Dr. S. say about multitasking?

Multitasking is switching back and forth between _____.

What part of the brain is important for learning and memory, and what is special about that part of the brain?

Applications

Is this similar to or different from how you learn best?

How does he remember what he thinks of in diffuse mode?

When does he get his best work done?

What is his advice about test taking?

What did Dr. S. discover about rats in enriched environments and how can you apply it to your life?

What else acts like an enriched environment? Hint: Dr. Sejnowski does it ALOT. How can you use this information to help you learn better? What does Dr. S say about SUCCESS? How will you use this to help you?