

# The Science of Your Learning

*Principles from Dr Jared Cooney Horvath*



## 1. Get your mind right.

- Stories drive your coder.
- The story you have about your own performance as a student will determine how you perform. So, change your story to change the outcome.

## 2. Work your attention.

### Rule 1: Ride your threshold.

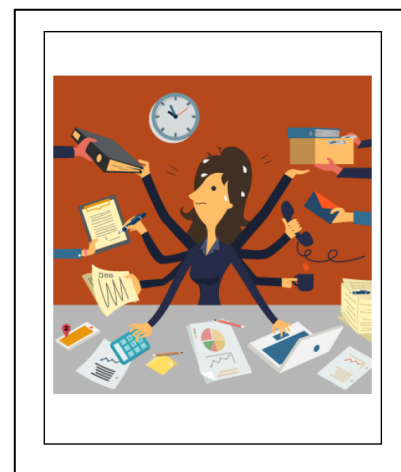
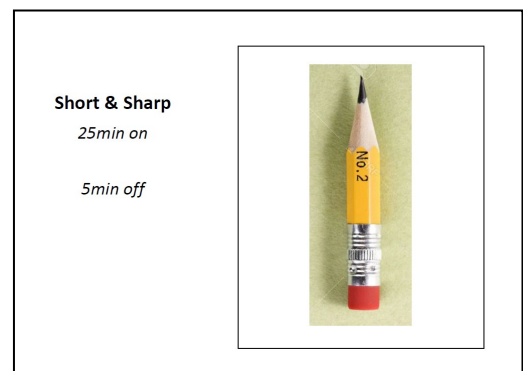
- Short and sharp (25:5)
- Once you get into a flow state, keep going!

### Rule 2: Stay vigilant.

- We remember only what we pay *attention* to ... and it's fragile.
- We can't multi-task so focus is key – beware the white flash!

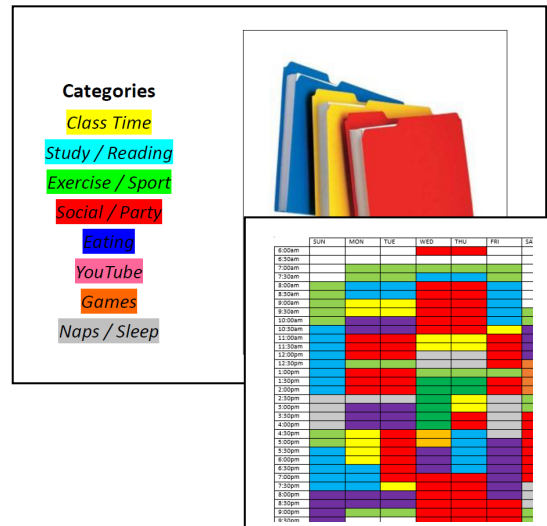
### Rule 3: Respect your limit.

- Understand processing power – 60 mins is ideal.
- Law of diminishing returns with study, practice and development – more hours doesn't necessarily mean better study!
- Frequency and quantity are key (25:5 – repeated 2, 3 or 4 times)



#### Rule 4: Manage your time.

- Where's time going?
- Prioritise.
- Get a hard-copy calendar.
- Set your goals – and connect distal (longer-term) and proximal (attainable in a fairly short time) goals.
- Build your week.



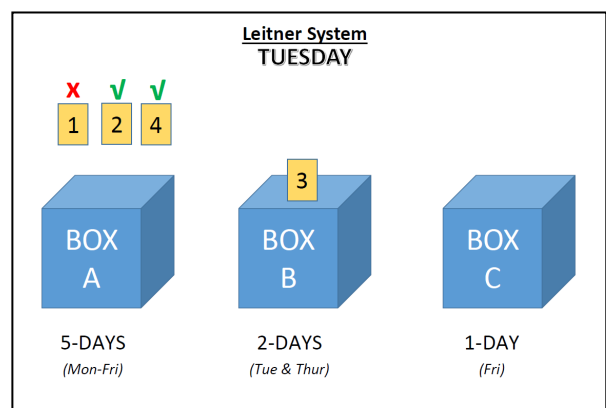
### 3. Work your Memory.

#### Rule 1: Make it deep.

- Recall is key – not staring passively at a textbook.
- Skip passive review in favour of active recall.

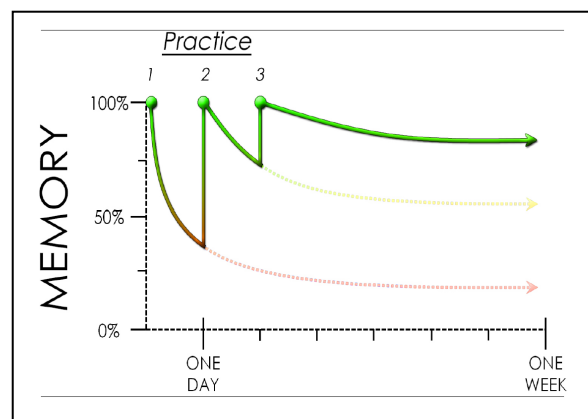
#### Rule 2: Make it accurate.

- Flashcards need shuffling.
- Check your score, script or stimulus often.
- Try the Leitner System.



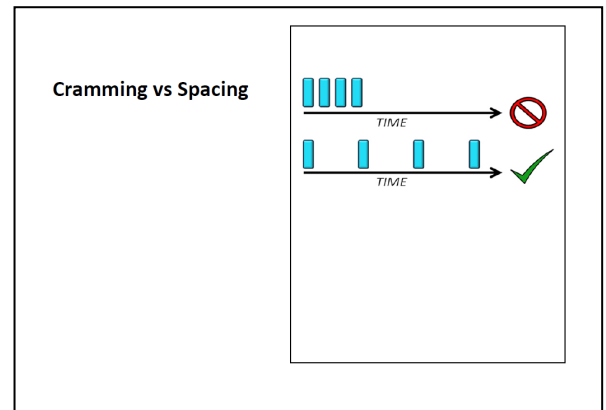
#### Rule 3: Lock it down.

- Sleep!
- Repeated practice wins every time!
- Spacing is better than cramming.



### Rule 4: Narratize.

- We think in stories; find the thrust of the content.
- Link bits into concept maps.
- Summarise – condensing a bit more each time you do.
- Teach someone else.
- Use active reading strategies (read-recite-review).



**Rule 5: Match context to outcome.**

- Revise under the same conditions as the final assessment.
- Avoid studying in bed – sit at a desk!

#### 4. Maximise class time.

- Prime yourself – know what's coming and prepare mentally.
- Arrive early & take 3 mins to review the previous class or the homework.
- Set your filter so you can focus.
- You can't listen and read at the same time.
- Focus on gist not specifics.
- Take deep notes – by hand.

