



The New Science of Learning: How to Learn in Harmony With Your Brain

Terry Doyle, Todd Zakrajsek

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"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, Clemson University

Recent 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.

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