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Titolo	The new science of learning : how to learn in harmony with your brain / / [Todd D. Zakrajsek] ; foreword by John N. Gardner
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ISBN	1-00-344798-8 1-003-44798-8 1-64267-502-4
Edizione	[Third edition]
Descrizione fisica	1 online resource (290 pages)
Disciplina	153.9
Soggetti	Learning ability Learning, Psychology of Brain Study skills
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Learning from multiple perspectives -- Discovering yourself as a learner -- Developing your learning strategy -- Improving the learning process -- Exploring social influences -- Finding and using patterns -- Thriving in higher education -- Demonstrating your learning -- Avoiding learning pitfalls -- Sleeping to enhance learning -- Exercising to enhance learning -- Being an effective group leader/member.
Sommario/riassunto	"While preserving the elements that have made the previous two editions so successful-such as chapters on sleep, exercise, memory and mindset-this third edition introduces students to wholly new aspects of brain function and how they impact learning; and furthermore, addresses the challenges of learning online. By introducing new concepts, strategies, and applications related to learning and memory that are based on current findings in cognitive, social, and motivational psychology, this text offers a richer and more complete picture of how brain science illuminates how we learn"--