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Make It Stick: The Science Of Successful Learning By Peter C. Brown, Henry L. Roediger III, Mark A. McDaniel: Book Summary

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Synopsis

This is a book summary by getflashnotes.com on: Make It Stick: The Science of Successful Learning by Peter C. Brown, Henry L. Roediger III, and Mark A. McDaniel. Original book description: To most of us, learning something the hard way implies wasted time and effort. Good teaching, we believe, should be creatively tailored to the different learning styles of students and should use strategies that make learning easier. Make It Stick turns fashionable ideas like these on their head. Drawing on recent discoveries in cognitive psychology and other disciplines, the authors offer concrete techniques for becoming more productive learners. Memory plays a central role in our ability to carry out complex cognitive tasks, such as applying knowledge to problems never before encountered and drawing inferences from facts already known. New insights into how memory is encoded, consolidated, and later retrieved have led to a better understanding of how we learn. Grappling with the impediments that make learning challenging leads both to more complex mastery and better retention of what was learned. Many common study habits and practice routines turn out to be counterproductive. Underlining and highlighting, rereading, cramming, and single-minded repetition of new skills create the illusion of mastery, but gains fade quickly. More complex and durable learning come from self-testing, introducing certain difficulties in practice, waiting to re-study new material until a little forgetting has set in, and interleaving the practice of one skill or topic with another. Speaking most urgently to students, teachers, trainers, and athletes, Make It Stick will appeal to all those interested in the challenge of lifelong learning and self-improvement.

Book Information

Audible Audio Edition

Listening Length: 27 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: FLASHBOOKS, LLC

Audible.com Release Date: January 6, 2016

Language: English

ASIN: B01A61MLW2

Best Sellers Rank: #88 in Books > Medical Books > Psychology > Cognitive Neuroscience & Neuropsychology #125 in Books > Audible Audiobooks > Nonfiction > Study Aids #960 in Books > Audible Audiobooks > Health, Mind & Body > Psychology

Customer Reviews

As a professional educator and a lifelong learner, Make it Stick has brought to light principles and concepts that are transformational in education. This book is written so that students as well as educators can benefit from the concepts of interleaving, spacing and retrieval. I highly recommend that anyone who is learning or teaching read or listen to this book.

30 minutes of bs. Waste of money

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