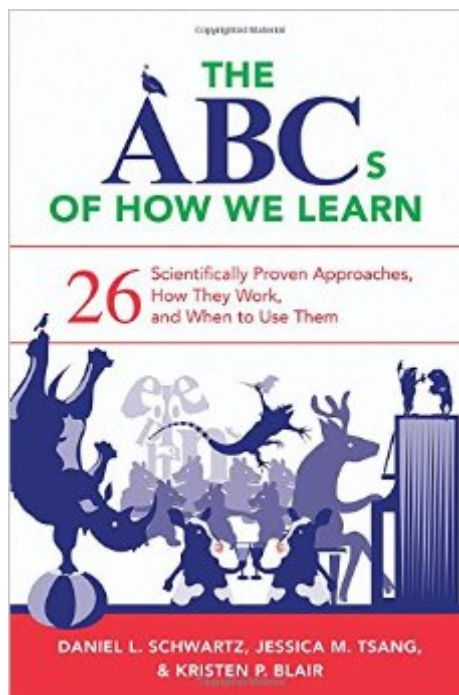


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# The ABCs Of How We Learn: 26 Scientifically Proven Approaches, How They Work, And When To Use Them



## Synopsis

Superior learning tools for teachers and students, from A to Z. An explosive growth in research on how people learn has revealed many ways to improve teaching and catalyze learning at all ages. The purpose of this book is to present this new science of learning so that educators can creatively translate the science into exceptional practice. The book is highly appropriate for the preparation and professional development of teachers and college faculty, but also parents, trainers, instructional designers, psychology students, and simply curious folks interested in improving their own learning. Based on a popular Stanford University course, *The ABCs of How We Learn* uses a novel format that is suitable as both a textbook and a popular read. With everyday language, engaging examples, a sense of humor, and solid evidence, it describes 26 unique ways that students learn. Each chapter offers a concise and approachable breakdown of one way people learn, how it works, how we know it works, how and when to use it, and what mistakes to avoid. The book presents learning research in a way that educators can creatively translate into exceptional lessons and classroom practice. The book covers field-defining learning theories ranging from behaviorism (R is for Reward) to cognitive psychology (S is for Self-Explanation) to social psychology (O is for Observation). The chapters also introduce lesser-known theories exceptionally relevant to practice, such as arousal theory (X is for eXcitement). Together the theories, evidence, and strategies from each chapter can be combined endlessly to create original and effective learning plans and the means to know if they succeed. 26 illustrations

## Book Information

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## Customer Reviews

An excellent, readable, and usable resource for teachers, academics, parents, and anyone interested in how we learn throughout our life. Finally, a book that presents rigorous research in a digestible way. The artwork is SO clever, too! And who knew that highlighting text was counterproductive to learning it?!

Great ~ informative ~ clear, organized read

Excellent, well researched book with many ideas to utilize in the classroom.

Interesting -

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The ABCs of How We Learn: 26 Scientifically Proven Approaches, How They Work, and When to Use Them A Tear And A Smile: "If you love somebody, let them go, for if they return, they were always yours. If they don't, they never were." The Big Book of Real Helicopters "How They Work \* What They Do \* Where They Fly" (Big Treasure Books) 7 Steps to Health: Scientifically proven methods to help you stop, reverse, and even cure disease without the use of drugs, pills or surgery. Learn German Step by Step: German Language Practical Guide for Beginners (Learn German, Learn Spanish, Learn French, Learn Italian) Jeff Herman's Guide to Book Publishers, Editors and Literary Agents: Who They Are, What They Want, How to Win Them Over (Jeff Herman's Guide to Book Editors, Publishers, and Literary Agents) Discover Texas Dinosaurs: Where They Lived, How They Lived, and the Scientists Who Study Them How Dogs Think: What the World Looks Like to Them and Why They Act the Way They Do Understanding Girls with ADHD, Updated and Revised: How They Feel and Why They Do What They Do The Common Core Mathematics Companion: The Standards Decoded, Grades K-2: What They Say, What They Mean, How to Teach Them The Common Core Companion: The Standards Decoded, Grades 9-12: What They Say, What They Mean, How to Teach Them (Corwin Literacy) The 100 Best Business Books of All Time: What They Say, Why They Matter, and How They Can Help You Defeating ISIS: Who They Are, How They Fight, What They Believe Prevent and Reverse Heart Disease: The Revolutionary, Scientifically Proven, Nutrition-Based Cure The High Blood Pressure Solution: A Scientifically Proven Program for Preventing Strokes and Heart Disease Healthy at 100: The Scientifically Proven Secrets of the World's Healthiest and Longest-Lived Peoples The Spectrum: A Scientifically Proven Program to Feel Better, Live Longer, Lose Weight, and Gain Health Natural Solutions for Food Allergies and Food Intolerances: Scientifically Proven Remedies for Food Sensitivities Atkins Diet: Top Atkins

Mistakes you NEED to Avoid with Step by Step Strategies for the Fastest Scientifically Proven Way To Lose Weight (The Ultimate Beginners GuideÂ©, Low Carb diet, Paleo diet) Dr. Neal Barnard's Program for Reversing Diabetes: The Scientifically Proven System for Reversing Diabetes Without Drugs

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