Strengthen the Path of Learning

Help you brain move information from working memory to short-term memory then to long-term memory—where it’s always accessible!

- Let go of distractions.
- Sit up, take a deep breath, and focus on the present moment.
- Stay “in the zone”!
- Find the WIIFM (What’s in it for me?).
- Use VAK reviews.
- Practice 10-24-7-10.
- Add to your mind maps every day.
- Connect new learning to what you already know.

(Check “Your Brain and the Path of Learning” for more detail.)