



# **How We Learn: Summary of the Key Ideas - Original Book by Benedict Carey: The Surprising Truth About When, Where and Why It Happens**

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## **How We Learn: Summary of the Key Ideas - Original Book by Benedict Carey: The Surprising Truth About When, Where and Why It Happens** Evolvo

“How We Learn” contains content related to the learning process and the phenomena, processes and techniques associated with it. The book discusses when, why and how we learn, what the learning process is, what the best circumstances to make learning more interesting and useful are and what happens if we don’t want to learn. The author explains that the learning process never stops throughout the life of a human being.

Who should read this book:

- Leaders and managers.
- Management students.
- Interested parents.
- Teachers, instructors and trainers.
- The Education Planning Management.
- Public and private educational institutes.

In this summary:

Chapter 1: Understanding the biology of the mind is important

Chapter 2: Theories of learning and selective retention

Chapter 3: Adoption of habits for effective learning

Chapter 4: Fragmentation of study material and time

Chapter 5: Multidimensional testing and the problem solving process

Chapter 6: Forgetting before proceeding helps in the learning process

Chapter 7: Repetition helps to retain information, but over-repetition is useless

Chapter 8: Non-discriminatory learning, tapping the subconscious and perceptual learning

Chapter 9: Final Summary

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