



# The New Science of Learning: How to Learn in Harmony With Your Brain

*Terry Doyle, Todd Zakrajsek*

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**A path-breaking text for freshman orientation and study skills classes**

"This is a path-breaking book. Faculties have been learning about how the mind works, and this book spreads the message to students, who need it just as much. More sophisticated and empirically grounded than any study skills manual, this book addresses all the major research findings on how the human brain learns. And it does so using language and examples that students can easily understand and immediately apply to enhance their attention, depth of processing, retention, retrieval, and far-transfer abilities. Plus, each chapter ends with excellent summaries and scholarly references. It deserves to be required reading for all college students—really, anyone interested in learning."*Linda B. Nilson, Director, Office of Teaching Effectiveness and Innovation, Clemson University*

Recent advances in brain science show that most students' learning strategies are highly inefficient, ineffective or just plain wrong. While all learning requires effort, better learning does not require more effort, but rather effectively aligning how the brain naturally learns with the demands of your studies. This book shows you what is involved in learning new material, how the human brain processes new information, and what it takes for that information to stick with you even after the test.

Taking a small amount of time to read and act upon the material in this book will prove to be one of the best decisions you can make as a learner. What you discover will change the way you learn in college and will be helpful in your personal and professional life. You live in a world where you will have to be a lifelong learner, constantly updating your skills and changing jobs to compete in the global marketplace. Most college students today will have as many as 10-14 different jobs by age 38. Learning how to learn in harmony with your brain is crucial to your long-term success.

This succinct book explains straightforward strategies for changing how you prepare to learn, engage with your course material, and set about improving recall of newly learned material whenever you need it. This is not another book about study skills and time management strategies, but instead an easy-to-read description of the research about how the human brain learns in a way that you can put into practice right away.

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