

Major Points about Learning FOR STUDENTS

We're Born to Learn, page 103

1. Your brain was born to learn, loves to learn, and knows how to learn.
2. You learn what you practice.
 - Practice is making mistakes, correcting mistakes, learning from them, and trying over, again and again.
 - Making and learning from mistakes is a natural and necessary part of learning.
3. You learn what you practice because, when you are practicing, your brain is growing new fibers (dendrites) and connecting them (at synapses). This is what learning is.
4. Learning takes time because you need time to grow and connect dendrites.
5. If you don't use it, you can lose it. Dendrites and synapses can begin to disappear if you don't use them (if you don't practice or use what you have learned).
6. Your emotions affect your brain's ability to learn, think, and remember.
 - Self-doubt, fear, etc., prevent your brain from learning, thinking, and remembering.
 - Confidence, interest, etc., help your brain learn, think, and remember.

Remember, you are a natural-born learner.