

# SIMPLE PRINCIPLES OF LEARNING

## WITH RHYTHMIC MAGIC

## MODULE 1

The problem with our approach to education is that we only tell half the story, what to learn but not how to learn it. Everyone should be familiar with the Simple Principles of Learning, which in turn can be applied to anything and everything. Remember that every student learns differently and that every student CAN learn!

### THE 4 BASIC PRINCIPLES OF LEARNING

**Attention** *"Time given to thought is the greatest timesaver of all." ~ NORMAN COUSINS*

*The Secret: focused concentration, interest, motivation, awareness, receptive attitude.*

No one has 100% concentration 100% of the time. It is more like 40 to 90% concentration 94% of the time.

What if you start with 90-100% concentration 10% of the time. You could very well become a genius. Create an interest in whatever you are learning. You must be paying attention to learn. The mind loves to wander. When this happens, take a deep breath and drink some water (to help concentration). Trust in your ability to learn. FOCUS! The first concept of learning and remembering is focused, undistracted concentration for about 1 minute (eventually much less) when memorizing something. The secret of learning something new is knowing how to focus your concentration when a key point needs to be remembered.

**The Process** *"What we learn to do, we learn by doing." ~ ARISTOTLE*

*The Trick: how we actually learn something, identifying information, method or plan.*

You can Process information by seeing, hearing, thinking (what it means), reading, writing and doing it. There is a 90% chance or better of remembering something if we use all 6 processes. Actually doing the learning activity, such as riding a bike or playing chess, is always the most effective way of learning. Of course, there are other ways to process information, such as with touch, smell, taste, etc... Use them all! Everyone is able to identify information, otherwise we wouldn't know anything.

**We learn...**

- 10% of what we read • 20% of what we hear • 30% of what we see • 50% of what we both hear and see
  - 70% of what is discussed • 80% of what we experience personally • 95% of what we teach to someone else
- ~ WILLIAM GLASSER

**To Store** *"The aim of education should be to teach us how to think, rather than what to think." ~ JAMES BEATTIE*

*The Key: organize, placement of information - Subject, Topic, Title.*

Intentionally organizing information in your memory when you are learning it helps you recall it later. The problem is that we don't consciously categorize our information. We just throw it up in the brain and hope we will remember it. The truth is that the brain stores everything we learn. The challenge is finding it. That is why we have a sock drawer, broom closet and garbage can to know where everything is. Label any information pertaining to a particular subject in the same way. Name the subject and the topic, and give them a title.

For example, if you just learned that a quarter note gets one beat, organize it under the subject music. The topic would be rhythm and the title would be a definition of a quarter note. Remember that true knowledge also means understanding the concept. To understand a concept one must be able to apply and utilize it. If you know that a quarter note gets one beat, can you use it to play a song or clap the rhythm? Everyone is knowledgeable about something, but very few understand anything. Understanding knowledge is our most valuable responsibility. We must learn to organize the mind to categorize our knowledge. There is no wrong way to organize what you are learning, but there are better ways, so try a few. The easiest way to learn something new is to see how it relates to something you already know.

**Remember / Recall** *"I cannot teach anybody anything, I can only make them think." ~ SOCRATES*

*The Gift: to remember is instant and effortless (like remembering your name), but learning how to recall, recollect, locate and find information is just as important.*

Even just telling yourself, "Remember That," helps the mind to store information for easier retrieval. When you want to remember something, such as what a quarter note is, first think of your subject - Music. This will dramatically cut your search down to less than 1% of the information you have in your brain. Very Effective. Second, think of what topic it pertains to - Rhythm. Let the question lead you to the answer. (This is how Socrates taught). Third, ask yourself, "What about rhythm?" The definition of a quarter note. If you don't remember the answer, then experiment with organizing the information a little more effectively.

Try to associate it to something you already know. There are 4 quarters in a dollar. There are 4 quarter notes in a measure of 4/4 (common time). Music is the best way to understand fractions. That's right, music is Math.

Use these principles with everything you want to remember. **Let learning become Easy, Fun and Rewarding again!**