Natural Learning

8 simple tools for powerful thinking

gestalt — learn how to preview, review and look for "the big picture" to learn more easily and effectively

colors — learn how to use color to naturally emphasize, organize and remember

images — learn how to use doodles to quickly aid creativity, memory and communication

key words — learn how to bypass sentence structure to record ideas at top speed while remembering more than even the fastest stenographer

hierarchy — learn the single most important factor in effective long-term memory and discover how simply re-organizing information can dramatically increase recall and comprehension

mind maps — learn the note-taking and note-making technique that synergizes with all the others to form an extremely powerful and effective master learning tool

loci — learn through "peg words" the simple memory techniques that make a few minutes more effective than hours of traditional repetition

breaks & review — learn how to enhance learning by breaking up study time, using quick reviews, and switching between focused and open mental states

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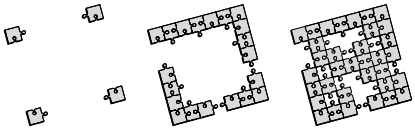
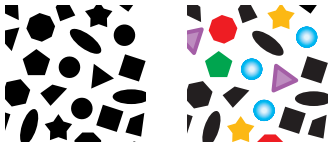
gestalt (overview, big picture, generalization)



typical alternative: small, specific, parts only

"the whole"	preview gestalt provides "hooks" for new information
jigsaw puzzle	sequence—box cover, corners, edges, easy parts, hard parts
primacy/recency	provide gestalt at beginning and end of any length session (5 mins. or 1 semester); also before/after breaks
presentation	tell 'em what you're going to tell 'em, tell 'em, tell 'em what you told 'em

colors



typical alternative: monotone, usually black

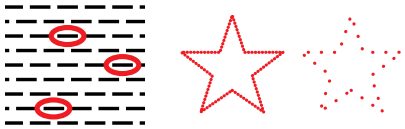
emphasis	highlighter; first attribute noticed
organization	sort (color-coded); codes (stop=red; green=go)
recall ↗	
interest/attention ↗	

images (pictures)

typical alternative: text/words only

processing speed ↗	no need for language; can create image codes (checkmark, smiley, not)
comprehension ↗	fit peg A into slot B;
associations ↗	creativity ↗, memory ↗
recall ↗	
recognition vs. recall	drawing ability irrelevant, recognize any tree
space ↘	picture worth a thousand words

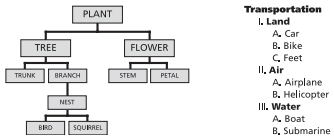
key words (concepts/ideas)



typical alternative: complete sentences; writing down every word

recall/comprehension ↗	7 groups (no notes/full transcripts=worst, summary=middle, keywords=best)
speed ↗	recording, copying, reviewing/studying; bridge between thinking & writing
space ↘	condenses hours (lecture) or pages (notes, book) to single page; 80/20 rule

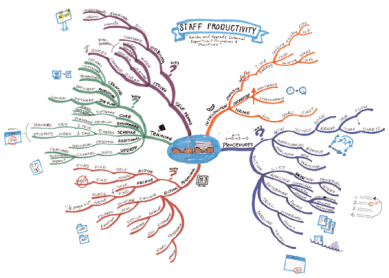
hierarchy (groups/subgroups)



typical alternative: disconnected, linear information

comprehension ↗	learning & teaching using ups (larger categories) and downs (sub-categories)
recall ↗	studies—memorizing hierarchical vs. random; sorting vs. memorizing
natural process	most important key to long-term memory storage; tribes

mind maps



typical alternative: monochrome, text-only, verbose, multi-page, linear notes

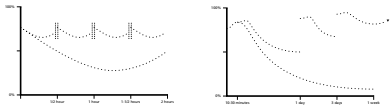
best tool to use all other 7	use to increase recall, comprehension, speed, creativity & enjoyment
colors	use on branches, words & images to increase organization, clarity, & recall
images/pictures	mind map itself is a unique image; codes increase speed, clarity & recall
key words	use to increase recall & speed, decrease space, plus bridge thinking & writing
hierarchy	radiant branching outline structure increases organization & recall
memory keys	Layer Map technique uses seven different keys to greatly enhance recall
memory curves	exceptional recording & review tool when Layer Mapping
gestalt	whole is quickly grasped; relationships easily seen; most important in center

loci

typical alternative: rote memorization only; repeat over & over & over

many keys	emphasis, association, primacy/recency, imagination, location & repetition
many tools	link, substitute word, peg (number/rhyme), journey, roman room & major system
age irrelevant	older=proven better memory for relevent information; stronger with age possible

natural rhythms



typical alternative: long study sessions with no breaks or review; cramming

during learning	20-40 min. with 5-10 min. breaks; emphasize, associate, primacy/recency
after learning	review for 5-10 min. @ 10-30 min., 1 day, 2 days, 1 week, 1 month
sleep	allows collected information to be sorted, stored & re-combined; problem solving