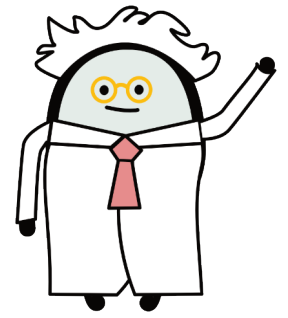


Neurons and Learning

Inspired by Uncommon Sense Teaching, 2021



Moving Learning into Long Term Memory

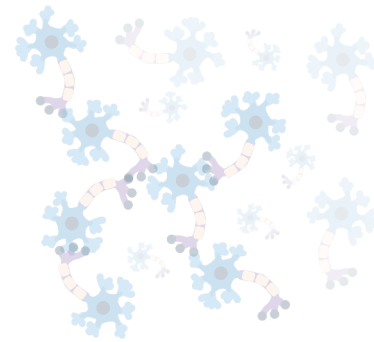
1. New Learning

As you learn something **new** for the first time, for example listening to a teacher, reading a book, watching a video or listening to a podcast, your neurons start to come together. The connections between the neurons is still very **light**.



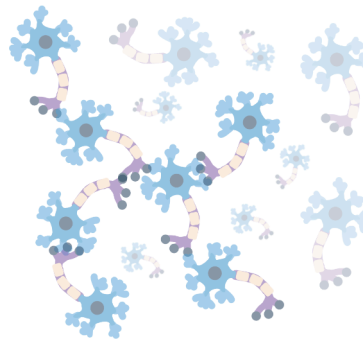
2. Repeat

When you **repeat** what you have learned through something like retrieval practice or recall, the connections between the neurons begins to become **stronger**.



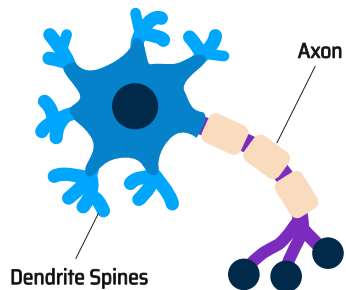
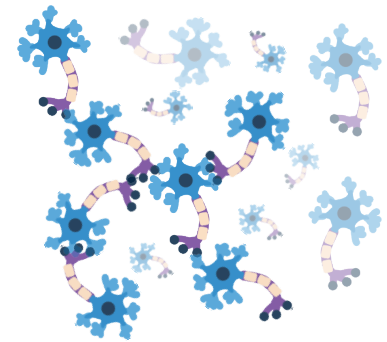
3. Similar

Once you apply what you learned in an active way (e.g. short essay) and applying the learning in a **similar** context to how you learned it, the connections start their journey to your long term memory.



4. Dissimilar

To get all that learning to reside in your long term memory, you need to strengthen the connections between neurons even further, by applying what you have learned in a **dissimilar** context to the way you learned it before.



Meet the Neuron

When you are learning something new, neurons move closer together until a **signal** jumps from one neuron to another, via the gap inbetween them - the **synapse**. The neurons **join** via the axon and dendrite spines.

