

Websites over beter leren en onthouden:

http://www.leren.nl/cursus/leren_en_studeren/geheugen/

Nederlandse site met zeer veel links en tips over beter leren en onthouden van de te leren stof.

<http://www.nap.edu/html/howpeople1/>

Digitaal boekwerk over alle aspecten van leren en onthouden. Erg uitgebreid maar zeer informatief. Bv het hoofdstuk "how experts differ from novices" vond ik erg interessant.

<http://members.chello.nl/r.kuijt>

Nederlandse site met ezelsbruggetjes op allerlei gebieden van schoolvakken tot algemene kennis. Zeer overzichtelijk en leuk om te lezen.

<http://www.ebsveenendaal.nl/alg-didactiek/onderwijspsychologie.php#invloed>

Nederlandse site over onder andere "De invloed van psychologische theorieën op het onderwijzen".

<http://www.mindtools.nl>

Kijk onder "memory improvement". Nog meer ideeën voor mnemonics.

<http://www.happychild.org.uk/acc/tpr/>

Zeer overzichtelijke site met diverse categorieën over "memory improvement and learning". Hieronder enkele leuke fragmenten van deze site.

The Power of Suggestion

An American psychological researcher investigated the impact of negative self image on students' ability to learn. What she discovered was that all of the students she studied had innate ability but were unable to fully access that ability because their negative self image and associated beliefs would not let them. These beliefs and hence the poor self image about learning had come about either because they were repeatedly told at an early age that they were no good at maths or, because they had interpreted a single failure early on as a generalization that they were no good at a particular subject. She believed that if she could improve the self image using the power of suggestion then she could improve the student's ability to learn. (Source "Accelerated Learning" by Colin Rose)

Stress and Memory

One of the biggest destroyers of memory is stress. When you are stressed you release high levels of cortisol into your bloodstream. One of the ways that cortisol affects you is that it destroys glucose - the brain's only source of food. So if your brain is not getting the nutrients it needs then it will not function as well. (Source - *Teach yourself Speed Reading* by Tina Konstant)

The 6 Step Master Plan to Accelerated Learning

STEP 1 - Motivate Your Mind

Step 2 - Acquiring the Information

Step 3 - Search out the Meaning

Step 4 - Trigger the Memory

Step 5 - Exhibit what you Know

Step 6 - Reflect on How you have Learnt

(Source: *Accelerated Learning for the 21st Century*" by Colin Rose and Malcolm J. Nicholl)

Mnemonic for the solar system

In order of proximity to the sun: **M**y **V**ery **E**xcellent **M**other **J**ust **S**erved **U**s **N**ine **P**izzas:

From smallest to biggest planet: **P**op **M**usic **M**akes **V**ikings **E**ven **N**aughtier **U**ntil **S**axons **J**iggle.