

# BRAIN HACKS

## VIDEO TRANSCRIPT

### Learning myths busted

So you think you know how to learn? Of course you know how to learn.

You have gotten this far, haven't you? But doesn't it seem like you're having to learn faster and faster? Wouldn't it be great if you could learn even better, more efficiently getting more from the time you do have to learn kind of like a bonus for our brain.

We can even learn better because a lot of the things you think you know about how the brain learns are really just myths, like this one. Everyone has a learning style like reading, listening or doing and you only learn according to your style. True or false?

Oooo...Actually that is FALSE.

Research shows that people have preferred ways of learning, but there is no such thing as unique learning styles that you have to stick to. Pick the learning method that's going to best match what it is you're trying to learn.

After all, you're not going to learn how to ride a bike by watching a YouTube video about it.

This one basically got me through university: "I can multitask while learning." What do you think, Allison?

Ooooo, No. To optimize learning, the science says there is no such thing as multitasking, only task switching—which is entirely disruptive to the learning process. To learn efficiently, you should focus on one thing at a time.

So turn off the music, put your phone on airplane mode and get learning.

Here's one I know is false. "Testing is a good tool for learning." That's a myth, right?

Actually, that one is true! (TRUE!) Brain research shows that quizzing and testing recall are a proven method for solidifying learning which is exactly why flashcards work so well.

And by the way, since you were surprised that that's true, it's going to lock in your brain even better. We call that "expectation failure." Wow, who knew! Alison knows.

Join us in this video series and learn how to learn better. We're just getting started. I seriously thought tests were a waste of time. Learn something new every day. Am I right?