

Learning How to Learn: The Science Behind Learning and Memory

Gain Skills to Enhance Your Personal Learning and Teaching Experience

- Course TGS Number: TGS-2020513214
- SFC-Eligible

Saturday, 23 September 2023 9am - 5pm

Venue: TBC | Register by 4 Sep



Optimizing learning and memory processes is one of the important keys to unlocking an individual's learning potential and preparing them for opportunities and challenges ahead.

Organised by the NUS Yong Loo Lin School of Medicine, Department of Physiology, this course employs emerging research on learning and memory science while focusing on the ways in which humans process, maintain, and apply knowledge.

Possessing an understanding of the pathways that underlie learning and how our memory works will help participants understand why certain learning techniques work and how to adapt their lifestyle and health towards improved learning, thinking and creativity. Teachers will find these techniques useful as it helps them to develop best practices for lesson plan design and assessments that enhances student learning by reinforcing the retention of information.

Firstly, participants will learn about how the brain generally works, followed by a deeper understanding of the neuronal basis of learning and memory. Current scientific evidences of how humans learn and how memory is formed and maintained, as well as effective ways of learning and its mechanisms will be shared and discussed. Cognitive training in humans, such as memory, attention, executive function will also be introduced.

Participants will learn how to apply the knowledge and concept of learning and memory to their personal learning and teaching experience.

Who Should Attend

Educators who are keen to enhance their students' learning experience

Learn More

Click here or Scan the QR code to visit our Course Webpage

Send An Enquiry

Contact us at nusmedcet@nus.edu.sg

