

Learning How to Learn: The Science Behind Learning and Memory

▶ 70% - 90% SkillsFuture Funding Available ▶ SFC-Eligible

Saturday, 28 Sept 2024 | 9:00 am - 5:00 pm

Venue: Workshop, Level 1, MD9 (Department of Physiology)

Register by 13 Sept



Learn the wonders of your brain - **Discover More, Apply More.**
Maximise your brain capacity

Organised by the **Department of Physiology, NUS Yong Loo Lin School of Medicine**, 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.**

Understanding the science of learning and memory will help educators and teachers **gain essential knowledge on how the human brain works** and allow them to be equipped with the **skills to enhance students' learning experience** by reinforcing the retention of information.

Benefits of attending

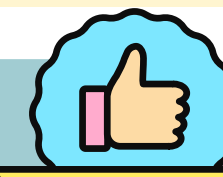
- Understand the basic of learning sciences
- Identify and describe different types of memory
- Evaluate the principles and importance of different learning styles
- Evaluate the importance of lifestyles and health in learning and memory
- Apply cognitive training in humans, such as memory, attention, executive function (e.g., planning, organisation and goal management)

Who Should Attend

Educators / teachers who are keen to enhance their students' learning experience



What our past participants say about the course



This is the go-to course if you love to engage your minds, delve into interesting facts, challenge existing mental models, debunk myths, and also enjoy networking on the side

Dr Baisal, Resident Doctor, Shifa Clinic and Surgery



Coming from a non-science background, the course provided an opportunity to deepen my understanding on how our brain functions towards learning and memory. It complements my training areas in career counselling and coaching where we work earnestly supporting our students towards being a lifelong learner and leading a purposeful life

Alice Ku, Senior Education and Career Coach (ECC) @ Republic Polytechnic, Ministry of Education

Learn More

Click [here](#) or Scan the QR code to visit our Course Webpage

Send An Enquiry

Contact us at nusmedcet@nus.edu.sg



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- The scheduled course run will proceed only if the minimum class size is met.
- We reserve the right to cancel or postpone any course or change the venue due to unforeseen circumstances.
- In the event of a cancellation and the fee has been paid, a full refund will be made to registrants.