



e-learning

Learning strategies

In this e-learning you will learn how our brains function, and how they can achieve maximum performance. In doing so, we will challenge outdated assumptions about learning, simply explain complex interrelationships, and show you concrete methods and tricks to make learning more natural and fun.

Group of participants:
For all who want to make their learning and reading strategy more effective.

Duration: **approx. 60 minutes**

Language:  

Learning objectives

- ✓ Know how your brain functions, and what type of learner you are
- ✓ Know how to use two memory techniques, to help you remember content in the long term
- ✓ Know what speed and selective reading mean and how to use both methods

Contents

- What can I expect from this training?
- What does an ideal learning environment look like?
- How do we learn at different ages?
- What role do emotions play in learning?
- What types of learners are there?
- How does repetition ensure sustainable learning success?
- What information does the brain store?
- How can I better remember things?
- What techniques can I use to remember things better?
- How can I take notes more effectively?
- What is speed reading?
- How can I train my speed reading?
- What is selective reading?
- How can I train my selective reading?



Infos im Web

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Let us advise you

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