

Lesson I

- Foundation: **Basic principles of effective learning**
- Going deeper: **Stages of learning for each and every concept**
- Specific: **Steps leading to mastery of a concept**

Basic principles of effective learning

- Fulfills a compelling need (a motivation)
- Holistic:
Active (conscious: prefrontal cortex + 5 senses & emotions) + Passive (subconscious) + Social
- By association (real and personal)
- Optimal brain state for learning and producing, a combination of
 - ALPHA waves (relaxed, awake, flow)
 - Low frequency BETA waves (reflection, mnemonic)
 - When it "clicks": GAMMA waves ("Eureka!")
 - In specific situations that require the help of adrenaline: medium BETA
- The absolute enemies of learning:
 - High BETA waves (high stress level)
 - Sense of shame

References

* Mihaly Csikszentmihalyi ([The 8 characteristics of flow](#))

* About the flow state:
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7551835/>