



THE UNIVERSITY OF BRITISH COLUMBIA

Department of Psychology

# ***How to Succeed: Learning Strategies from Psychology*** ***UBC Imagine Day 2018***

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## Why are you here?

How will get the most out of your time here?

### Metacognition

Learn how to learn, to self-manage your brain, your growth, your transformation

## Psychology

Science of Mind and Behavior

Humans biased about humans

### Statistics: seeing reality probabilistically

Models as approximations

## Learning in the Brain

You are your connectome (TED talk: Sebastian Seung)

Neurogenesis (TED talk: Sandrine Thuret)

## Learning in the Mind

### Carol Dweck: Mindset

Fixed: Being smart

Growth: Embracing struggle

Fred Rogers: “Feelings are mentionable and manageable”

# Study Techniques

## Memory Mechanics

Attention

Encoding

Storage

Retrieval

Planning, Pacing, Practice (sweat in practice v. bleed in battle)

Exercise, sleep, diet

## Work the system!

Use your syllabus; use office hours

UBC resources; you are not alone!

## Test-Wiseness

Open answer

Multiple choice

## More Information

[psych.ubc.ca](http://psych.ubc.ca)

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