

How does learning happen?

Did you know that learning isn't something we do instantly? **It's actually a 3 step process!**
To facilitate good learning, be sure that you move through all 3 stages:

Step 1: **Encoding**	Encoding is the first step of learning when information is coming in. You are encoding when you read a textbook or listen to a lecture. A piece of information being encoded **DOES NOT** necessarily mean that you'll remember it later.
Step 2: **Storage aka Memory Consolidation**	After successfully encoding information, we want it to "stick" in our memory. Did you know that the bulk of memory consolidation happens between hours **6-9 of sleep**? Sleep is essential to storage/consolidation and, ultimately, learning!
Step 3: **Retrieval**	The final step of learning is the ability to remember something we previously learned (i.e. encoded in step one). Retrieval practice (or self-testing) is the most efficient and effective way to boost memory! Avoid rereading and instead lean into testing your memory with active recall.

From Pooja K Agarwal & Patrice M Bain's *Powerful Teaching: Unleash the Science of Learning*

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