



**Make It Stick: Summary of the Key Ideas -  
Original Book by Peter C. Brown, Henry L.  
Roedinger III, Mark A. McDaniel**

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# Make It Stick: Summary of the Key Ideas - Original Book by Peter C. Brown, Henry L. Roedinger III, Mark A. McDaniel

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“Make It Stick” offers techniques for more productive learning. Many common learning strategies applied by teachers and students are not as effective as they think, such as cramming and continuous repetition. Durable learning can be achieved by testing oneself, leaving time between repetitions and linking different fields of knowledge.

Who should read this book:

- Anyone interested in improving lifelong learning.
- Anyone who wants to know more about how information is stored in our brain.
- People who want to incorporate better learning strategies into their studying.

In this summary:

Chapter 1: Learning strategies can help retain information more effectively

Chapter 2: Attaching meaning to new material is much more useful than mere repetition

Chapter 3: Retrieval and spaced practice are two of the best learning strategies

Chapter 4: Varied practice makes skills more widely applicable

Chapter 5: To make learning durable, we need to transfer information to our long-term memory

Chapter 6: Our judgment is influenced by imaginations and misconceptions about what we think we know

Chapter 7: Study strategies should be adjusted to different learning styles

Chapter 8: We are able to change and improve our learning ability

Chapter 9: A growth mindset and deliberate practice can turn us into experts

Chapter 10: Anyone can apply the keys to mastering learning

Chapter 11: Final Summary

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