

1. What is a “growth mindset”?	It is the belief that your talent and ability can be developed through effective learning strategies and persistence.
2. How much information can we keep in our working memory?	We can hold on to about five to seven different bits of information in our short-term memory?
3. What is the limit of our long-term memory?	There is no limit. As long as we connect new information to our previous knowledge.
4. What is the forgetting curve?	It is the rate at which we forget what we hear. We forget more than half of what we hear in the first hour. After that the rate of loss slows down.
5. What is the best way to study for a test?	1. Review your notes. 2. Write down what you remember. 3. Check your notes to see what you missed. 4. Do again.
6. What is the average ratio of teacher talk to student talk in a classroom?	75:25. The teacher talks three times as much as all the students in the class.
7. What is a “fixed mindset”?	It is the belief that your talent and abilities are fixed traits. You cannot grow your intelligence. You have it or you don't.
8. Why is repetition and practice so important in learning?	We quickly forget new learning. Every time we bring to