

# Dear Professors, Parents, & Students

- **We have happy news for you!**
- **Student's learning can be made Exciting, Simple, and Effective!**

# Have you ever been bothered by these concerns?

- Do your students procrastinate their studies / homework?
- Do they find it difficult to concentrate their mind during study hours?
- Do they easily forget what they have learnt?
- Do they spend sleepless nights for exam preparation?

# Have you ever been bothered by these concerns?

- **Can't they revise the entire syllabus on the day before the examination?**
- **Can't they retrieve the learnt material in the exam hall, though they have studied well?**
- **Are they disappointed with their test grades?**
- **Are they sacrificing their social life & happiness for scoring good grades?**

# Have you ever been bothered by these concerns?

- **Do you want them to know about learner friendly diet, & lifestyle?**
- **Do you want their learning process to be Simple, Effective, and Efficient?**
- **Do you want them to sharpen their existing Learning Skills and acquire New Learning Skills?**

# Have you ever been bothered by these concerns?

- Do you want to empower them to score centum in college exams & success in competitive exams Like GATE, PG-NEET, CAT, MAT, CA, Campus Placement, SSC, TNPSC, & UPSC Examinations?
- Do you expect them to win admission and scholarship for UG/PG/PhD Studies in world's top universities?

**If most of your responses are Yes,**

**Then our**

**Art of Learning Program**

**will be of great use to you, and your  
students for addressing these concerns!**

# About “Art of Learning” Program

- This is one of the programs developed out of 12 years of intense research
- The program focusses on simplifying the learning process
- The contents are based on the Principles of Educational Neuroscience, Cognitive Psychology, Biology, & Pedagogy
- About 6000 school and college students have been benefitted in 100 Art of Learning programs conducted during the past six years.

# Benefits of “Art of Learning” Program

- **Students can easily score centum in college and university examinations**
- **Students can easily succeed in competitive exams like GATE, PG-NEET, CAT, MAT, CA, Campus Placement, SSC, TNPSC, & UPSC Examinations**
- **Class average marks and standard deviation can be improved, subject wise.**



# Benefits of “Art of Learning” Program

- **Students transition rate can be improved to help in ABET/NBA/NAAC Accreditations & NIRF Rankings**
- **Is the first step towards improving the Teaching Learning Process in Educational Institutions.**

# **“Art of Learning”**

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# **Contents of “Art of Learning Program”**

**Duration – 20 Hours**

- 1. How the Brain Learns**
- 2. Human Memory**
- 3. Bloom’s Taxonomy**
- 4. Concentration of Mind**
- 5. Developing an Innovative Ability for Achieving Academic Excellence**

# **Contents of “Art of Learning Program”**

**Duration – 20 Hours**

**6. Challenges in Learning**

**7. Techniques to Overcome the Challenges**

**8. Nobel Laurette’s Advices, & Practices on Learning**

**9. Expected Outcome**

# 1. How the Brain Learns

- **Physical, and Electrochemical Changes in Brain during Learning**
- **Factors Influencing these Changes**
- **Sub Systems Helping in Learning**
- **Brain's Food and Energy Requirements for Optimal Learning**

# 2. Human Memory

- **Types of Memory**
- **Mechanics of Memory Formation**
- **Consolidating the Learning in Long-Term Memory**
- **Role of Sleep in Memory Consolidation**
- **Strategies for Preventing Memory Loss**

# 2. Human Memory

- **Role of Short-Term Memory in Academic Success**
- **Limitations of Short-Term Memory**
- **Strategies to Overcome the Limitations of Short-Term Memory**
- **Obstacles to Memory Retrieval**
- **Prerequisites for Successful Thinking**

# 3. Bloom's Taxonomy

- **Cognitive Domain,**
- **Affective Domain &**
- **Psychomotor Domain.**
- **Self Motivation & Affective Domain**
- **Effectively Using Affective Domain to Excel in Cognitive and Psychomotor Domains**
- **Demands on Thinking Skills in Competitive & College Exams**



# 4. Concentration of Mind

- **What is Concentration?**
- **Relevance of Short-Term Memory**
- **Root Causes for Low Attention Span**
- **Mind Distractors**
- **Conscious and Unconscious Ways of Developing Concentration**
- **Mindfulness & Mindful Learning**

# 5. Developing an Innovative Ability for Achieving Academic Excellence

- What is It?
- Why Do You Need It?
- How to Develop It?

# 6. Challenges in Learning

- **Procrastination**
- **Einstellung effect**
- **Superficial Concentration**
- **Cramming (Sleepless night)**
- **Limitations of Short-Term Memory**
- **Memory Loss**
- **Obstacles to Memory Retrieval**
- **Lack of attendance**
- **Copying of assignments**

# 7. Overcoming Challenges in Learning

- **Pomodoro Technique**
- **Handling Distractors**
  - **Physical,**
  - **Physiological &**
  - **Cognitive**
- **Mindfulness, Mindful Learning and Concentration of Mind**

# 7. Overcoming Challenges in Learning

## Effective Ways for Consolidating the Learning in Long Term Memory

- Spaced Recall / Retrieval / Flash Cards
- Interleaving
- Chunking
- Mind mapping
- Chunking vs Choking

# 7. Overcoming Challenges in Learning

- **Strategies for Preventing Memory Loss**
  - **Physical Exercise, & Food for Meeting Brain's Energy Needs**
  - **Sound Sleep and Memory Consolidation**
  - **Avoiding Stress, Anxiety & Depression**
  - **Awareness of Synaptic Pruning.**

# **7. Overcoming Challenges in Learning**

**Effective Ways for Taking Notes during Class Hours and Study Hours**

**Peer Learning and Reciprocal Teaching**

**Self-Testing & Metacognition**

**Effective Ways for Revising the Complete Syllabus, on the Day Before the Examination**

**Effective Ways for Retrieving the Learnt Material in the Examination Hall**

# 8. Great People Advices and Practices

## Nobel Laurette's

- Advice on Learning
- Learning Approaches during their Student Life
- Neils Bohr, Santiago Ramon y Cajal, & Richard Feynman

## Prof. Richard Felder's Memo to Students



# 8. Great People Advices and Practices

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- Advice on Learning
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## Prof. Richard Felder's Memo to Students

## Strategies for Winning Admission and Scholarship in World's Top Universities

# 9. Expected Outcome

**Becoming a Rapid Learner to Score Centum in College Exams and Success in Competitive Exams**

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**Becoming a Rapid Learner to Score Centum in College Exams and Success in Competitive Exams**

**The Mind Once Enlightened  
Cannot Again Become Dark**

**Thomas Paine**

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