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how to learn aims to make the process of learning much more explicit by inviting you to apply various ideas and activities to your own study as a way of increasing your awareness of your own learning most learning has to be an active process and this is particularly true of learning how to learn learning objectives by the end of this section you will be able to explain how learned behaviors are different from instincts and reflexes define learning recognize and define three basic forms of learning classical conditioning operant conditioning and observational learning learning is the process of acquiring new understanding knowledge behaviors skills values attitudes and preferences the ability to learn is possessed by humans non human animals and some machines there is also evidence for some kind of learning in certain plants contents introduction definition what do people think learning is learning as a product learning as a process experience reflective thinking making connections committing and acting task conscious or acquisition learning and learning conscious or formalized learning learning theory further reading references acknowle 3 learning theories understanding how people learn introduction learning theories describe the conditions and processes through which learning occurs providing teachers with models to develop instruction sessions that lead to better learning step 1 choose curiosity each of us is constantly telling ourselves stories about our own lives and the people in them we get wrapped up in judgment and resentment and anxiety so certain about

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