

the **LEARNING BLUEPRINT**

HACKING THE BRAIN TO OPTIMIZE LEARNING

Dr. Jared Cooney Horvath



BELOW IS A SAMPLING OF STUDENT FEEDBACK FROM 'THE LEARNING BLUEPRINT' PILOT RUN (SPRING 2019)

"I appreciate how *The Learning Blueprint* taught me both facts *and* techniques. Learning 'why' my brain does certain things (and how I can leverage those things to my advantage) was way more helpful than someone just handing me a random list of study tips ... because now I'm motivated to actually use them. I personally never studied much before this course because it didn't really work for me, but now I'll definitely use some of the learning techniques discussed by Dr. Horvath like doing recall exercises and writing a quick summary after every lecture." **Carrington | Freshman @ Adrian College**

"I really enjoyed how Professor Horvath made complex neuroscience concepts understandable in 'common English' layman terms. Each lesson was dynamic and interesting, with an especially engaging speaking style and succinct accompanying graphics. The weekly reviews were great, too! And the course administrator was very available and personable in answering questions, providing information, and even sending a kind personal note. After going through this course, I feel empowered to be much more intentional about the way I learn by taking advantage of the brain's coder mechanism, engaging with errors, and not letting 'inborn talent' stifle my dreams." **Esther | Sophomore @ Peabody Institute of the Johns Hopkins University**

"I loved learning about how my brain works! It was extremely helpful to learn specific techniques for studying, learning, and getting through lectures. I also loved the interactive parts of the lessons because it was interesting to see *how* what we were learning could be applied in action. Going forward, I'm going to start studying my material for one hour every night while being sure to take a five-minute break after 25 minutes of focus. I'm also going to spend more time studying in my actual classroom so I don't get so stressed out when I sit down to take an exam." **Shawna | Freshman @ Brookdale Community College**

"I liked how the material was presented, including the illustrative video clips, the weekly reviews, and the extra time left to pause and think about how to solve any problems. Also, the quizzes helped to solidify information that was presented during the lectures. I also enjoyed the fact that the lessons were relatively short because it made for a good break up of information. I believe that what I've learned during *The Learning Blueprint* will help me be more cognizant of how I study. For instance, I now plan on using flashcards more when I study, and I want to improve my recall of material by leveraging what I now know about how the brain takes in and retains information." **Rebecca | Junior @ University of Southern California**

"I thought *The Learning Blueprint* was very well put together and easy to follow. Dr. Horvath was an excellent instructor! He was engaging and very knowledgeable. My biggest insight was about how I need to change my study habits. I study a lot, but I've learned that I need to improve how I study and with what *frequency* I study. That alone has already helped me immensely. I'm excited to see the difference that my new approach makes with my understanding as well as my academic performance." **Robin | Sophomore @ Adrian College**

"Overall, *The Learning Blueprint* was one of the most insightful and engaging experiences I have ever had. In addition to teaching me a ton of useful cognitive neuroscience, Dr. Horvath was extremely engaging and really made me look forward to every new lesson. The quizzes were not overly difficult, and the material was condensed enough to fit into my schedule. Going forward, this course has given me many new skills and strategies that will reshape my approach to learning. For instance, I've been finding time to make a detailed schedule of when my assignments will need to be done. Also, before class, I've started to prime myself by reviewing notes from previous lessons. Last, but certainly not least, I'm now more aware of when I am in a *state of flow* versus not being 100% attentive, and this is helping me know when I need to take a break from studying. This was an amazing experience that I am delighted to have participated in. Thank you so much for giving me this opportunity! :)" **Dylan | Freshman @ Lawrence University**

"I liked the simplicity in which the course was delivered to students, with engaging, highly-informational content. As a big believer in the fact that we use our thoughts to create our realities, *The Learning Blueprint* showed me how *true* this concept really is. This course has changed how I look at learning. Before I was a last-minute binge student who always crammed ... but now I appreciate the immense value of focus, sleep, breaks, and goal-setting." **Ansline | Post-Grad @ University of Pretoria**