

Some general principals about learning:

- 1) Each recollection of a memory adds a new layer of memory to what is being recalled.
- 2) Forgetting helps you learn by showing you what has not been internalized. When something is recalled or revisited that has been forgotten, it sticks better. Active recall is more valuable than repetition (trying to recall something and then looking only when or where you absolutely cannot remember).
- 3) Change where you learn something or how you learn it (don't just repeat, learn to sing it, learn it through visualizing, learn it using fixed DO or practice just the rhythms, learn the music on a different instrument, etc). Link as many of your senses to what you are learning as possible (sight, smell, sound, touch, taste).
- 4) At first you should revisit material frequently, as time passes, less frequency is required for retention.
- 5) Testing yourself is a form of learning. Don't just recite or review material, try to recall from memory or create some kind of test.
- 6) When you get stuck, take a brake.
- 7) It is better to do short sessions every day on a particular skill or passage then one or a couple large ones.