

Wisdom Keys

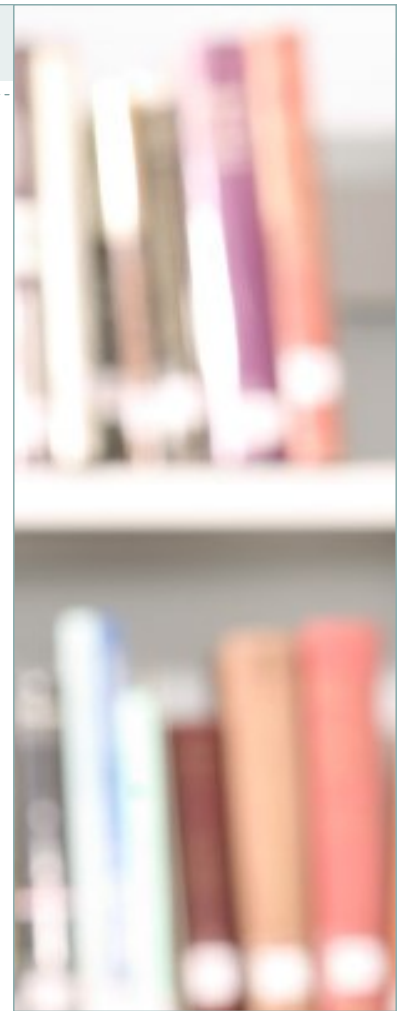
LEARNING OR MEMORIZING

There is a distinct difference between memorizing and learning. What is most interesting is that most students do not know that. During the first five years of a child's life is when they are going to amass the most information that they are going to learn throughout any other development stage in their life. With that being said, that is also where the decline for memorizing information begins. By the time a child reaches puberty, the ability to memorize large amounts of energy has declined. It is here when it becomes more essential that students learn vs. memorize information.

Imagine you have a glass half-filled with water in front of you. As you begin to pour water into the glass you can see the water level rising. As the glass begins to overflow you can observe the water flowing down the side of the glass and onto the table. But what water is coming out? Is it the water that was already in the glass or is it the water that you poured into the glass? Essentially, there really is no way for you to determine whether it is the new water or the old water flowing out, and there is no way that you can make sure only the new or the old water comes out. Essentially, that is also how your memory works, where you have no way of determining what information stays in, or what information flows out. Memorization is just the mere act of putting information in, but it does nothing to increase learning as you have not control as to what information remains in.

So what exactly is learning? According to the Merriam-Webster's dictionary, learning is "*the act of a person who gains knowledge or skill or knowledge or skill gained from teaching or study*". Let me first emphasize that this cannot occur with cramming, which is just a temporary physiological condition of placing information into the short term memory. In order for learning to occur two things have to occur – application and transference. Simply put, information has to be applied to real life situations to increase understanding and then to be transferred into the long term memory.

Many students underrate the importance of sleep, and essential undermine their learning experience as it is a necessary component for information transference. It is in the sleep stage where the body rebuilds to repairs the damage of "today", and also transfers information from short term memory into long term memory. Just knowing this one point alone can do much to increase memory recall and decrease test anxiety. While cramming may meet the first criteria of content application, transference does not occur with the new information acquired, and it just simply escapes into information oblivion. To increase one's level of competence, a student must first understand the difference between memorizing and learning, learn positive study strategies to increase learning efficiency, and finally to become disciplined in order to follow through with what they have learning. With wisdom comes understanding, and without it one cannot become an effective learner.



MB SUCCESS STRATEGIES

How would your life change if you could tap into your full potential? What if you could have anything you want for your life? Today you are one step closer to a new you.

MB Success Strategies was founded to address the needs of individuals who would like to move in their purpose and advance towards their dreams. A life coach can assist you in discovering the possibilities for your life, help you transform from where you are, and emerge to where you want to be. My goal is to help you uncover your true potential and lead a life that is worth celebrating. Helping you make radical improvements in your life is my focus to help you discover areas that need adjustment, implement changes that initiate radical change, and then to emerge as the new and improved you.

A grandmother now, I started my coaching business in 2006 to help other women emerge from an overwhelming life of past hurts while still running a household, raising children, and involved in relationships. Also an Educational Specialist, I also provide Coaching services to non-traditional students to increase grades, confidence, motivation and retention.

MEET KAREN MALOY



Huntsville life coach Karen Maloy, CPLC, Ed.S. is a “Life Transitions and Academic Coach” – a Certified Professional Coach with a passion for working with struggling learners and women who dream of reaching their full potential.

As the Founder and President of MB Success Strategies, her mission is to help indi-

viduals to address the needs of individuals who would like to move in their purpose and advance towards their dreams. Karen brings a wealth of personal experience into the arena of coaching, and has a good reason to focus on this content having experienced many of these challenges in her own life. Many of the strategies used were not researched, but personally discovered by her to help her to transform her own life.

Emergent Life Coaching is designed for individuals seeking to transform their lives and emerge from a life of brokenness, instability, and a lack of purpose. The process and framework of this program is most beneficial for those individuals who are motivated to change, willing to make an investment in themselves, and are able to strategically plan for their futures. Clients who commit to this process typically make better decisions, and are better equip to handle life changes.

Karen Maloy attended college at Fulton-Montgomery Community College, and received an A.A. in Humanities degree in May 1983 at the age of 17. After a 14 year absence, she returned to school to complete a B.A. in Psychology from Syracuse University in December 2004. While pursuing a M.S. in Adult Education from Buffalo State College specializing in Workplace Learning and Staff Development in 2009, Karen was ordained a Minister. She obtained her Ed.S. in Education specializing in Teaching and Learning in May 2011 from Liberty University, and her coaching certification from New Life Coach, Inc.in 2013.

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