

# THE CONE OF LEARNING

**People generally remember...  
(learning activities)**

10% of what they read

20% of what they hear

30% of what they see

50% of what they see and hear

70% of what they say and write

90% of what they do.

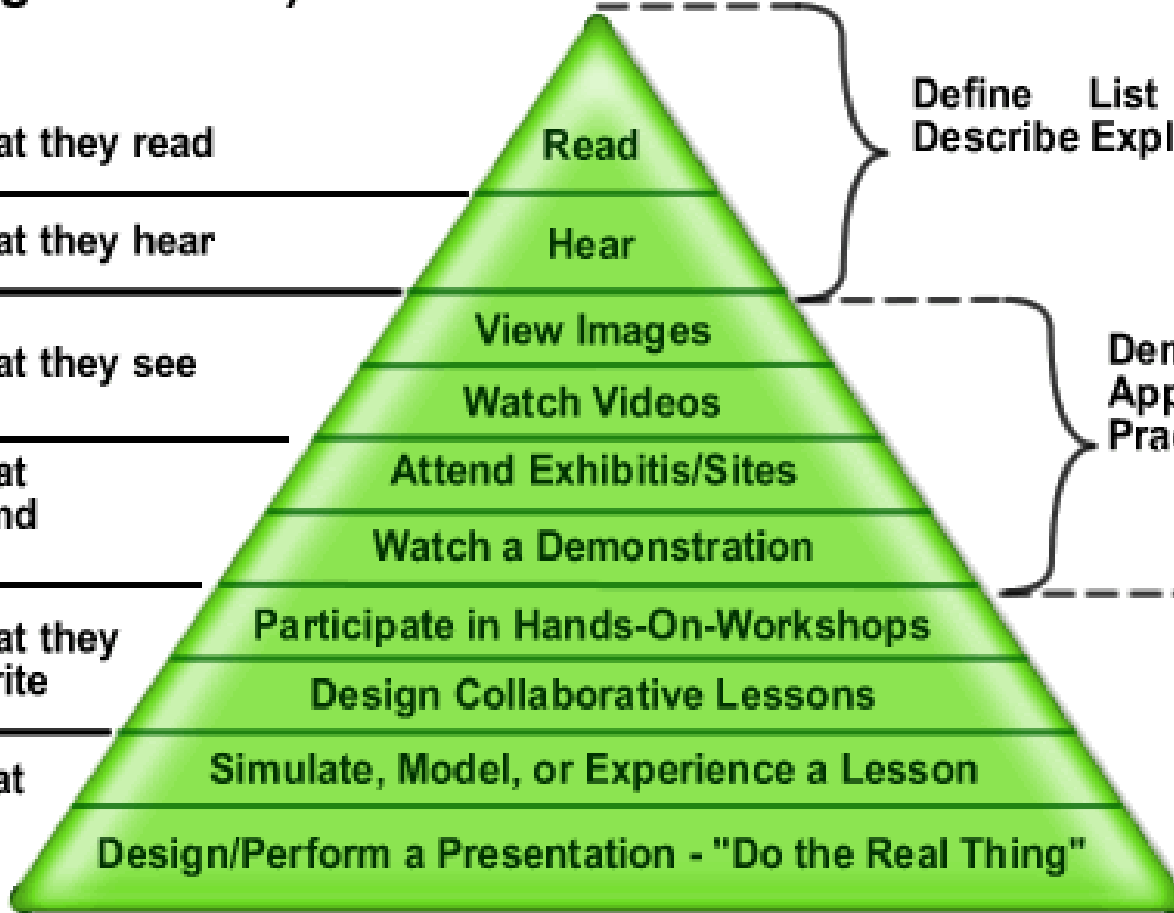


**People are able to...  
(learning outcomes)**

Define List  
Describe Explain

Demonstrate  
Apply  
Practice

Analyze  
Define  
Create  
Evaluate



# MEMORIZING: PAV TECHNIQUE

**Paradox:** Incorporate surprising, unexpected, or exaggerated elements to make the information stand out.

**Action:** Imagine the information in motion, creating an animated scene where the elements interact dynamically.

**Vividness:** Enhance the mental imagery by adding bright colors, distinctive sounds, strong smells, or tactile sensations.

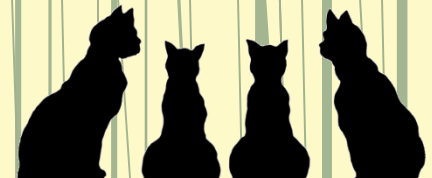
# PAV TECHNIK UE

**WORD**

**PRONUNCIATION**

**TRANSLATION**

castagna



# PAV TECHNIK UE

WORD	PRONUNCIATION	TRANSLATION
cumbersome	'kʌmbərsəm	ingombrante



# PAV TECHNIQUE

WORD	PRONUNCIATION	TRANSLATION
		veleno

# MEMORIZING: FLASHCARDS

Flashcards are a popular learning tool used to aid memorization by presenting information in a question-and-answer format. Each card typically has:

**A question, prompt, or term** on one side.

**The corresponding answer or explanation** on the other side.

Flashcards are effective because they use **active recall** (retrieving information from memory) and **spaced repetition** (reviewing cards over increasing intervals of time). These methods strengthen memory and improve long-term retention of information. Flashcards are versatile and can be physical cards or digital versions on apps.

# MEMORIZING: FLASHCARDS - EXAMPLE

SIDE A

**AUMENTARE**

Ex: aumentare le vendite – aumentare la produzione

SIDE B

**INCREASE [ɪn 'kri:s]**

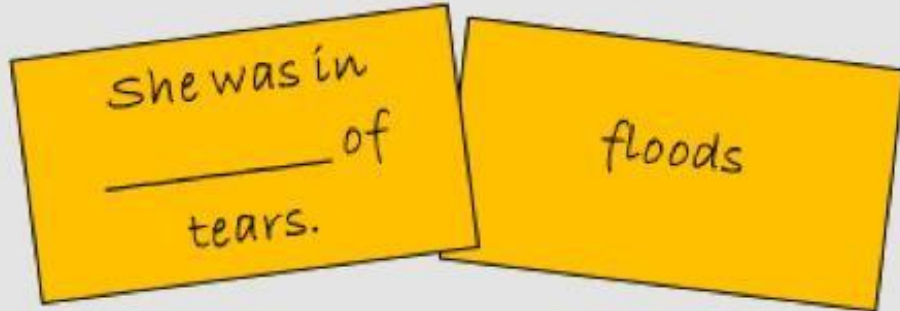
(PAV: Quando aumento vado “in crisi”)

Ex: increase sales – increase production



# Different types of flash card

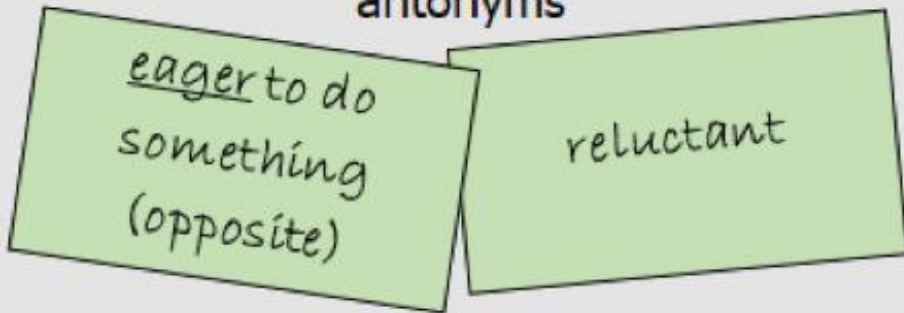
gapped sentences



synonyms



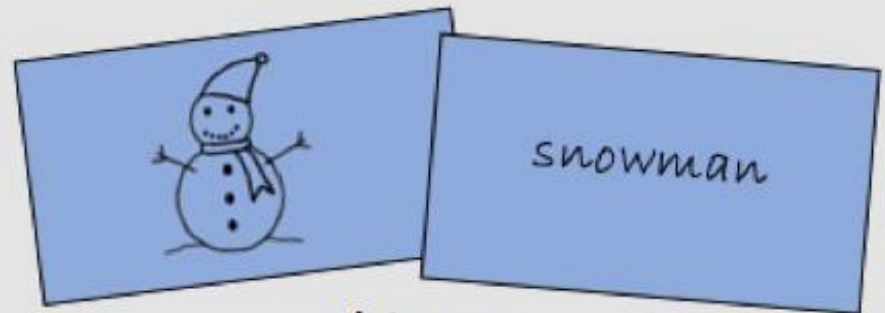
antonyms



definitions



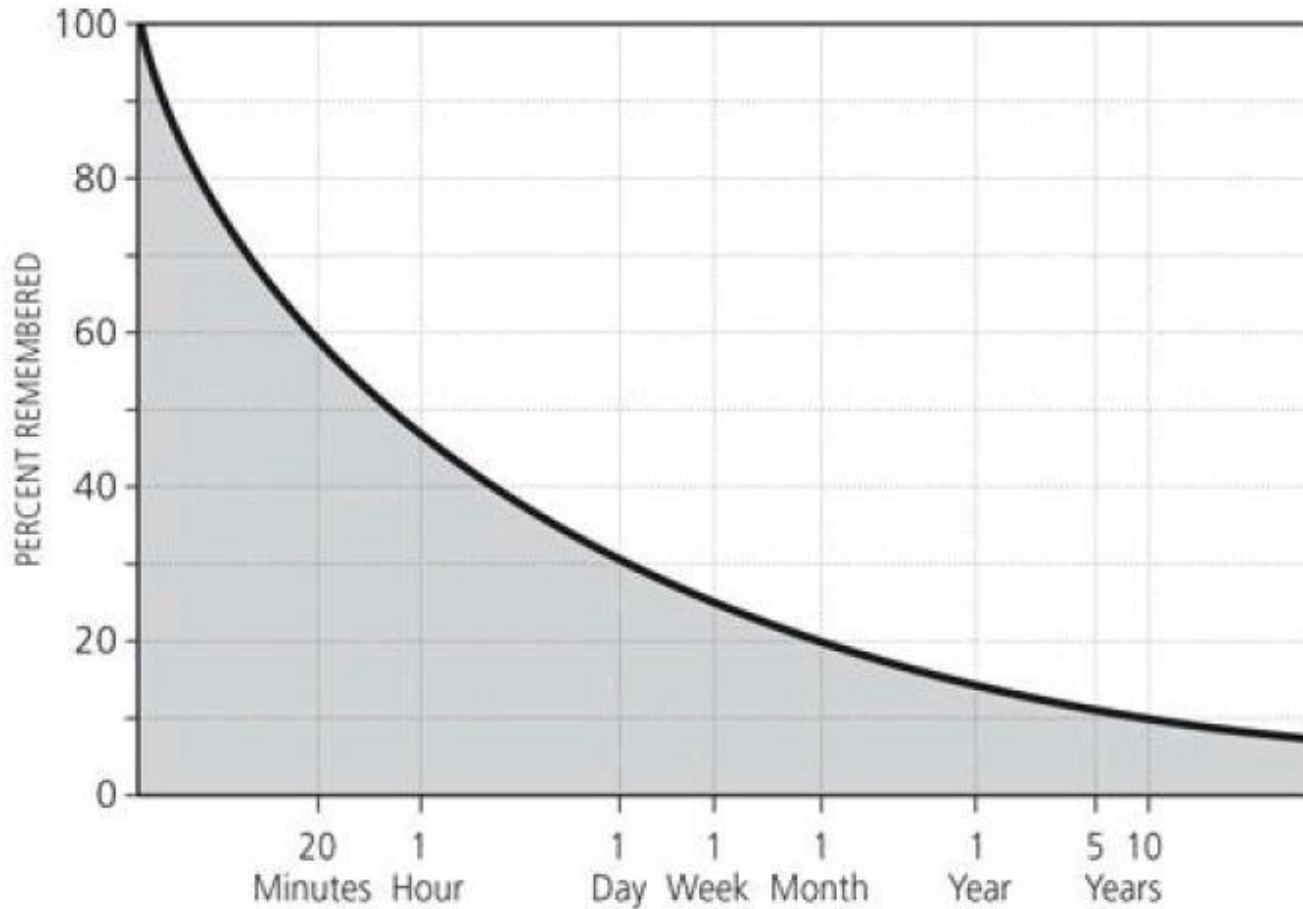
translations



pictures



# SPACED REPETITION: FORGETTING CURVE



THE FORGETTING CURVE

# SPACED REPETITION:

