

Educator's Guide

Learning System for Students

Thank you for bringing the *Learning System for Students* to your students!

As you can tell, this document is View-only; every link will work in this document, but please make a copy if you would like to have your own version.

Your role is the same across all nine lessons: Press play and pause at the right times, ensure students have the materials, and monitor that students are discussing topics in the course.

Materials

Students have time to think and discuss during each lesson. To facilitate this, students can use the *Student Workbook*, paper, or notecards. [This is the link to the *Student Workbook*](#) – please make a copy to share with students.

Videos

Every lesson has a 1-minute pause at the beginning, a 2-minute pause in the middle, and 2 minutes at the end – bringing the total time for each lesson to approximately 15 minutes. (For Lesson 9, the end is 5 minutes for a Course Feedback form.) The number in brackets is the runtime.

- [Lesson 1 – Learning System](#) [10:33]
- [Lesson 2 – Balance](#) [12:38]
- [Lesson 3 – Brain](#) [10:09]
- [Lesson 4 – Knowledge and Skills](#) [10:01]
- [Lesson 5 – Attention](#) [10:07]
- [Lesson 6 – Studying](#) [10:26]
- [Lesson 7 – Practice](#) [10:06]
- [Lesson 8 – Performance](#) [10:30]
- [Lesson 9 – Learning System](#) [7:29]

Course Feedback

To understand how students receive and use the ideas from the course, please give the Course Feedback form to students at the end of Lesson 9. Students should complete the form in about five minutes. The form asks for a student's school, but the student responses are anonymous.

[Use this link to the Course Feedback form.](#)