Efficient Learning Framework
The Essence of Learning

What are the pre-conditions of an effective and sustainable learning process? This framework turned out to be helpful to design powerful learning programs

Indispensable Pre-Condition

1. Relevance, Relevance, Relevance
- Brain filters/prioritizes according to relevance
- Clear personal relevance for the learner essential
- Acknowledges personal relevance ensures openness for learning process

Driving Learning Efficiency

2. Cognition and Emotion
- Efficient learning intertwines emotion/cognition

3. Personal Interaction
- Learning is most efficient if based upon personal interaction (with peers, teachers, colleagues parents/family etc.)

4. Smart Challenges
- Every brain is longing for intellectual challenges
- Having solved a challenge, our brain rewards us with dopamine

Sustainable Learning

5. Learning is an Active Process
- Learning is an active/engaging, explorative process, going beyond passive reception of conveyed knowledge
- Learner is responsible for his/her own learning process (not teacher/school, university, company etc.)

Fostering Learning Skills

6. Reflect the Learning Process (Meta-Cognition)
- Reflecting the learning process in order to
  - Make the learner aware of his knowledge/competences gained
  - Identify his/her most efficient learning techniques
  - Build confidence in future learning challenges

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