

# Want to Know More?

## Resources on This Topic

### Books

*A Mind for Numbers* by Barbara Oakley  
*Learning How to Learn* by Barbara Oakley (teen reading level)  
*Outsmart Your Brain* by Daniel Willingham  
*How We Learn* by Stanislas Dehaene  
*How We Learn and Why it Happens* by Benedict Carey

### Research Articles, Websites, Blogs, etc.

**Inner Speech: Development, Cognitive Functions, Phenomenology, and Neurobiology**  
(I call it "How Talking to Yourself Helps You Learn.")  
<https://pmc.ncbi.nlm.nih.gov/articles/PMC4538954/>

**Retrieval Practice Research**  
<https://www.retrievalpractice.org/research>

**Strategizing resources leads to improved exam scores, according to Stanford scholars**  
<https://news.stanford.edu/stories/2017/05/studying-strategically-equals-improved-exam-scores>

**An Evaluation of Secondary School Students' Use and Understanding of Learning Strategies to Study and Revise for Science Examinations**  
<https://www.mdpi.com/2227-7102/15/1/101>

**"It's All in the Timing: Improving Study Skills with Just-Right Reminders" by Andrew Watson**  
<https://www.learningandthebrain.com/blog/its-all-in-the-timing-improving-study-skills-with-just-right-reminders/>

**"How Can We Help Students Study Better?" by Andrew Watson**  
<https://www.learningandthebrain.com/blog/how-can-we-help-students-study-better-2/>

**The Paradox of Memory: Why Forgetting Makes Learning Possible**  
[https://carlhendrick.substack.com/p/the-paradox-of-memory-why-forgetting?r=72tqj&utm\\_campaign=post&utm\\_medium=web](https://carlhendrick.substack.com/p/the-paradox-of-memory-why-forgetting?r=72tqj&utm_campaign=post&utm_medium=web)



## The Learning Hawk

The Learning Hawk provides:

- Evidence-based professional development for teachers
- Seminars for parents of middle and high school students about how to help their children study effectively
- Discussions with students who would like to improve their study habits

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