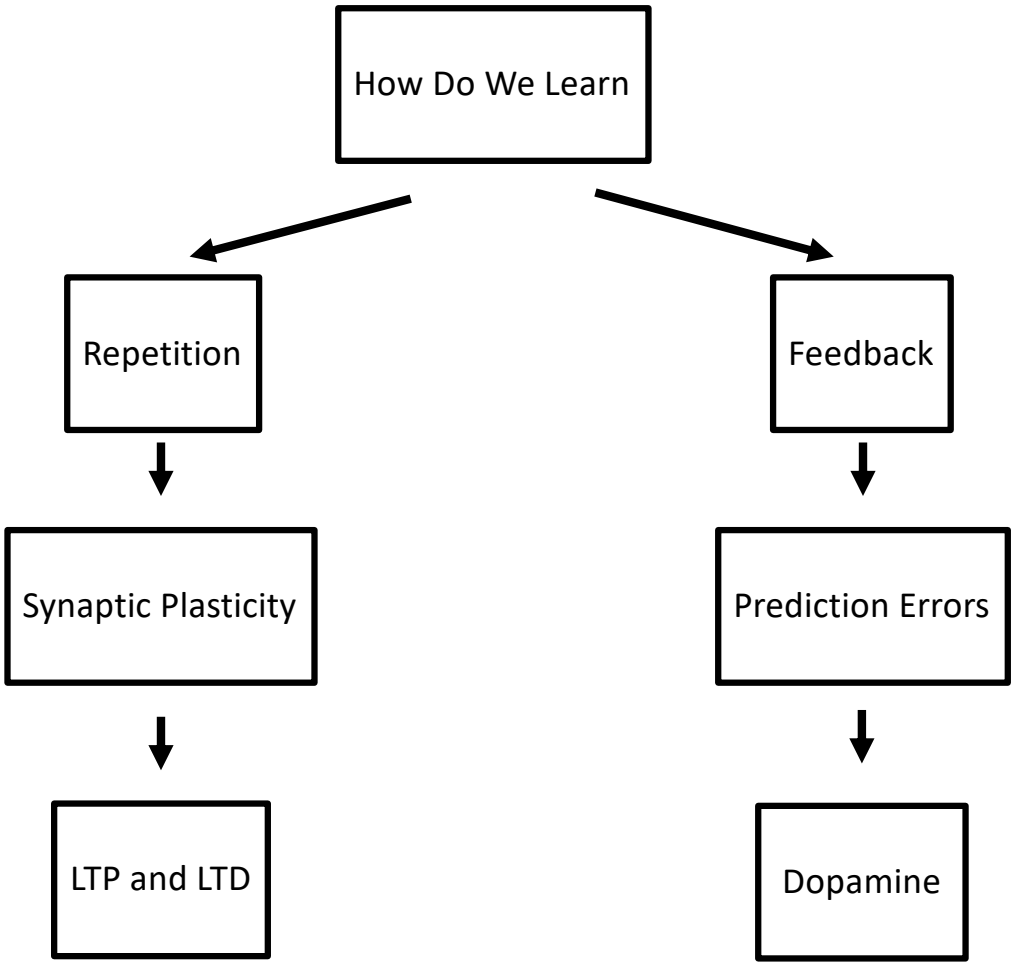
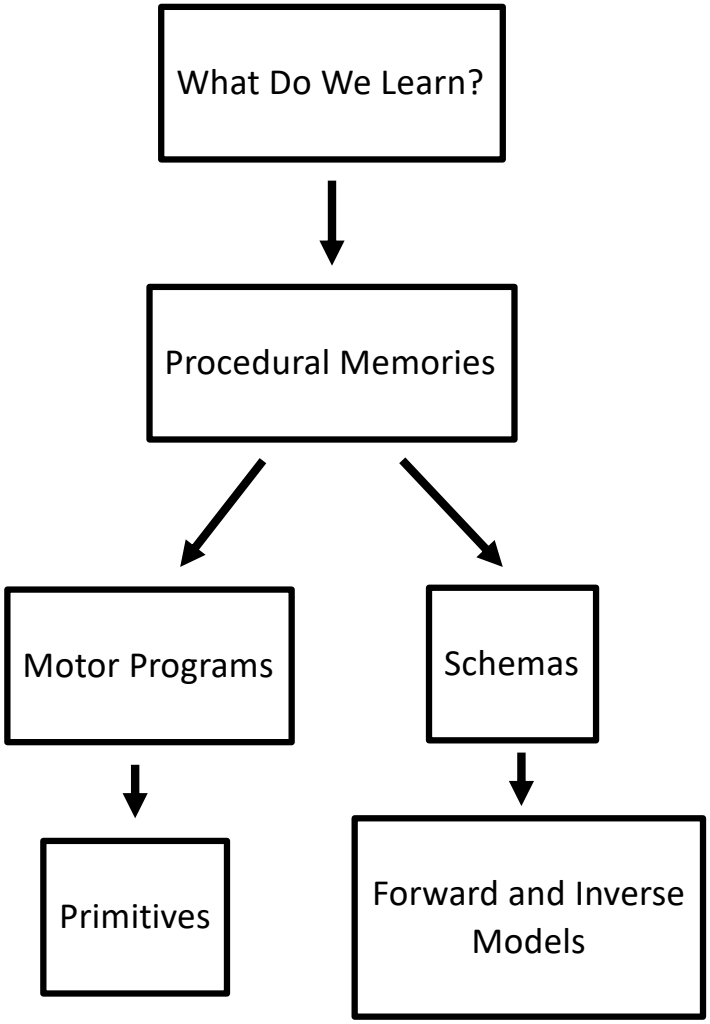
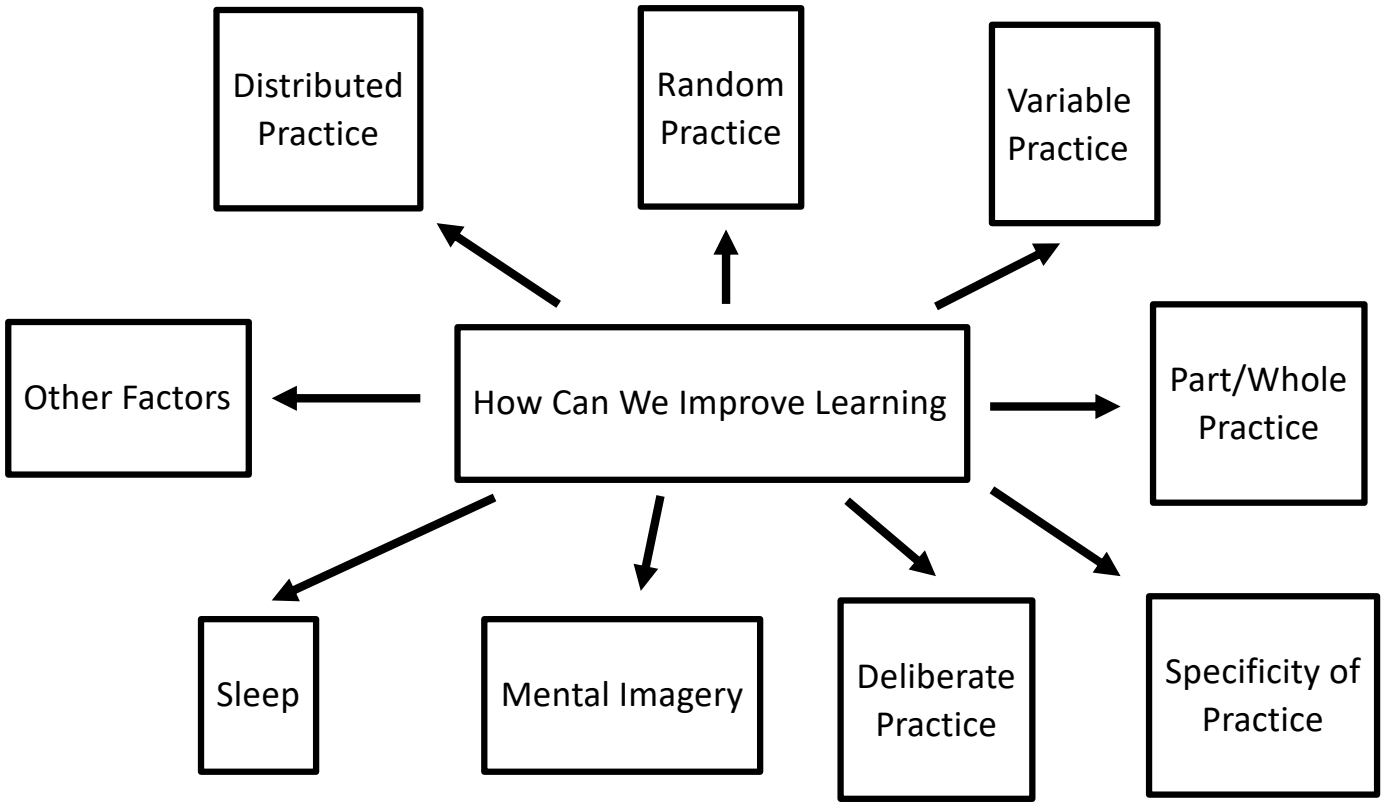

How Do We Learn
Repetition
Feedback
Synaptic Plasticity
Prediction Errors
LTP and LTD
Dopamine


What Do We Learn?
Procedural Memories
Motor Programs
Schemas
Primitives
Forward and Inverse Models


How Can We Improve Learning
Distributed Practice
Random Practice
Variable Practice
Other Factors
Part/Whole Practice
Sleep
Mental Imagery
Deliberate Practice
Specificity of Practice