

Stilton Literary Agency



Learn like a Pro

Original title: Superhjernen. De beste strategiene for læring
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Non-Fiction / Psychology, Self Improvement
29000 Words
Full English manuscript & English proposal available

Do you spend too much time learning with disappointing results? Do you find it difficult to remember what you read? Do you put off studying because it's boring and you're easily distracted? This book is for you.

Barb Oakley and Olav Schewe have both struggled in the past with their learning. But they have found techniques to help them master material—any material. Building on insights from neuroscience and cognitive psychology, they give you a crash course to improve your ability to learn, whether you're studying math, language, coding, karate, cooking, or anything else. You'll see why the strategies work because you'll see what's happening in the brain when you use them. Through their decades of writing, teaching, and research on learning, the authors have developed deep connections with experts from a vast array of disciplines. What you'll find in this little book are the very best of practical learning tools and insights synthesized from research in neuroscience, cognitive psychology, education, and many other fields. And it's all honed with feedback from thousands of students who have themselves gone through the trenches of learning.

Successful learners gradually add tools and techniques to their mental toolbox, and they think critically about their learning to determine when and how to best use their mental tools. That allows these learners to make the best use of their brains, whether those brains seem “naturally” geared toward learning or not. This book will teach you how you can do the same.

Chapter 1. How to Focus Intently and Beat Procrastination

Chapter 2. How to Overcome Being Stuck

Chapter 3. How to Learn Anything Deeply

Chapter 4. How to Maximize Working Memory—and Take Better Notes

Chapter 5. How to Memorize and Internalize

Olav Schewe & Barbara Oakley

Barbara Oakley, PhD, PE is a Professor of Engineering at Oakland University in Rochester, Michigan and Michigan's Distinguished Professor of the Year for 2018; she is also Coursera's inaugural “Innovation Instructor.” She is a Fellow of the American Institute of Biological and Medical Engineers and the Institute of Electrical & Electronic Engineers. She holds a PhD in Systems Engineering from Oakland University (1998). She has served as Vice President for the Engineering in Medicine and Biology Society—the world's largest society for bioengineers. Professor Oakley is the author (co-author) of: *Learning How to Learn: How to Succeed in School Without Spending All Your Time Studying* and the New York Times-bestseller *A Mind for Numbers*, Barbara Oakley (Tarcher-Penguin, 2014)

Olav Schewe is the founder and CEO of Educas, an educational technology startup based in Oslo, Norway, that develops solutions to help students learn how to learn. He is also an educational consultant and special advisor to one of the world's largest educational technology companies, Kahoot with more than 1 billion users worldwide. Olav holds a Master's degree in Business Administration

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Chapter 6. How to Exert Self-discipline Even When You Don't Have Any
Chapter 7. How to Motivate Yourself
Chapter 8. How to Read Effectively
Chapter 9. How to Win Big on Tests
Chapter 10. How to Be a Strategic Learner

Foreign rights

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with Distinction from The University of Oxford Saïd Business School (2014) and Bachelors' degrees from The Norwegian School of Economics and The University of California, Berkeley (2010). Olav is a former average student turned "super student" whose story has inspired students from all around the world. After refining his study methods in his early teens, Olav went on to graduate as high school Valedictorian, and to earn straight A's at the University of California, Berkeley. He also won a Fulbright scholarship and eventually graduated with Distinction from the University of Oxford. Olav Schewe's book *Super Student* became an instant bestseller in his native country Norway that was also translated to 18 languages.

Other titles

Super Student (2014)