



# **Our Minds, Our Memories: Enhancing Thinking and Learning at All Ages**

*Jeanne Ellis Ormrod*

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# Our Minds, Our Memories: Enhancing Thinking and Learning at All Ages

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*An engaging and conversational book about the basics of human thought and memory processes from a cognitive psychology perspective.*

While covering the fundamentals of how our brains think, learn, and remember, *Our Minds, Our Memories* also entertains the reader with a bright tone, engaging exercises, and thought-provoking examples. A textbook that doesn't look or read like a textbook, this new first edition teaches students and non-students alike about thought and memory from the perspective of cognitive psychology, information processing, and constructivism.

Utilizing up-to-date educational psychology research, helpful visuals, and a conversational tone, *Our Minds, Our Memories* covers common misconceptions about learning and memory, reviews the basic anatomy of the brain and the human memory system, and explains why we forget much of what we experience. The book also helps readers acquire effective learning strategies and study habits for their own lives by exploring the subjects of critical thinking, mnemonics, metacognition, and problem solving. In order to help further their understanding of the material, each chapter includes exercises through which readers can see various aspects of cognition in their own thinking and learning.

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