

A little room to think.

Understanding begins when we connect a new idea with something we already know.

Working memory holds a small amount of information while we use it. When it gets crowded, even a simple explanation can feel difficult.

An everyday example gives an unfamiliar idea a place to land. Instead of remembering every detail at once, we can connect the idea to a familiar experience.

A good question creates that connection. Ask what a term means, how it works, or where you might meet it in daily life.

Read. Connect. Understand.

Words worth keeping.

A useful question does not need to be complicated. Sometimes it begins with one unfamiliar word.

Reading gives us the material. Curiosity gives us a direction. A clear explanation can help us see the connection between the two.

Connect the unfamiliar to the familiar. Pause on a phrase. Ask for an example. Then return to the page with a little more understanding.

Read. Connect. Understand.