

ENGR 10301 Keys to Learning

Keys to Learning is a one-credit hour general audience course.

The course discusses the human brain; neuroplasticity; what is learning; best practices for learning; the important psychological aspects to learning of mindset, self-control, and grit; and the importance of sleep, exercise, relationships, nutrition, and meditation for the health of the brain and learning.

What is discussed in the course will not only be important for the rest of a student's career at Purdue, but for the rest of their lives

Attendance will count for 60% of the grade, a couple of sentences of feedback on the class each week for 10%, and two quizzes each worth 15% of the grade. Less than 10 minutes of time are needed outside of class each week.

Student feedback has been very positive. The weekly reflections indicate the students find each week interesting, often surprising, and very useful. Students have indicated their course performance has improved during the semester, which they attribute to Keys to Learning.

The course received the 2025 Provost's Class of 1922 Outstanding Innovation in Helping Students Learn award.