

Section 5b: Joyful Learning, A Systematic Learning approach

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Congratulations!

By joining ancient contemplative science and modern cognitive learning theory, I suggest a new active learning framework, joyful learning, which is aiming to enhance human life quality and learning potential. It's the contemplative science that provides us with enough energy to stay healthy both physically and mentally. Meanwhile, contemplative science can improve our metacognitive abilities, such as concentration, self-regulation, and self-awareness. Based on this all-around health, it's the cognitive learning theory that benefits the learner most to master knowledge acquisition and retention. Thus, the joyful learning framework is considered efficient and valuable from all the feedback I received.

This project has the potential to become a well-rounded theory that benefits every perspective of our life, and contributes to multiple sustainable development goals such as good health and well-being, quality education, gender equality, life on land, and so on. Thus, I will turn it into an open-source project and would appreciate any interested researchers becoming part of it for the well-being of the whole world.

Anyone who wants to join this open source project, please send me an email:

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Merry Christmas and Happy New Year 2023!