

Vocabulary List for “The Art of Learning”



No.	単語・表現	意味	英英	例文
1	acquire	習得する	to obtain or develop a skill or habit	He hopes to acquire new language skills while traveling.
2	mastery	熟達	comprehensive knowledge or skill in a subject	Mastery of the piano takes years of practice.
3	enhance	向上させる	to improve or increase	The course will enhance your ability to write effectively.
4	pursue	追求する	follow or chase something	She is pursuing a career in law.
5	expertise	専門知識	expert skill or knowledge in a particular field	He has expertise in computer programming.
6	fundamentally	基本的に	in a way that affects the basic nature or function	The issue is fundamentally about fairness.
7	bear fruits	実を結ぶ	to produce positive results	After months of hard work, her efforts finally bore fruits.
8	demonstrate	証明する	clearly show or prove	The experiment demonstrated the effect of light on plant growth.
9	cognitive	認知の	relating to mental processes such as awareness, perception, and reasoning	Cognitive psychology explores how people learn and remember information.
10	neuroscience	神経科学	the scientific study of the nervous system, especially the brain	Neuroscience has provided new insights into how we learn.
11	declarative	宣言的な	relating to the explicit knowledge of facts and information	Declarative knowledge allows you to explain a concept clearly.
12	procedural	手続き的な	relating to the knowledge of how to perform actions or tasks	Procedural knowledge is needed to drive a car smoothly.
13	consciously	意識的に	in a way that is aware of and responding to one's surroundings	She consciously chose to follow the new routine.
14	automatically	自動的に	without conscious thought or effort	He automatically locked the door as he left the house.
15	recall	思い出す	to remember or bring something back to mind	He couldn't recall the answer to the question.
16	interior angle	図形の内角		
17	subconsciously	無意識に	in a way that is influenced by the mind without full awareness	She subconsciously tapped her foot to the rhythm.
18	retrieval	検索	the process of getting something back from somewhere	Retrieval of information from memory is crucial for effective learning.
19	retention	保持	the continued possession, use, or control of something	Memory retention improves when students engage in active recall.
20	insufficient	不十分な	not enough; inadequate	Reading alone is often insufficient for deep understanding.

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21	clue	手がかり	pieces of evidence or information used to solve a problem or answer a question	He used the clues from the text to understand the meaning.
22	overlook	見落とす	failed to notice or consider	The importance of retrieval practice is often overlooked.
23	cognitively demanding	認知的に負担の大きい	requiring mental effort or thinking processes	Solving complex math problems can be cognitively demanding.
24	recognize	認識する	to identify or acknowledge something	He recognized the importance of active recall in his studies.
25	investment	投資	the action or process of putting in resources for future benefit	Time spent studying is an important investment in one's future.
26	suitable	適した	appropriate for a particular purpose or situation	This room is suitable for meetings and conferences.
27	default mode network	デフォルトモードネットワーク	a network in the brain that is active when the mind is at rest	The default mode network plays a role in problem-solving when we're not focused.
28	consolidate	固める	make something stronger or more solid	Sleep helps consolidate the information we learn during the day.
29	interspace	間隔を空ける	place something at intervals	Interspending study sessions improves retention.
30	daunting	気後れするような	seeming difficult to deal with in prospect	Writing a 10,000-word essay can be a daunting task.
31	willingly	自発的に	readily or voluntarily doing something	She willingly offered to help with the project.
32	persist	固執する	to continue firmly in an opinion or course of action despite difficulty	If you persist, you will eventually succeed.
33	retreat	退く	to withdraw from a difficult situation	Taking a step back is sometimes a strategic retreat.
34	compose	作成・作文・作曲する	to create or write something, especially music or writing	He composed a beautiful essay while on a train.
35	tactical	戦術的な	relating to or constituting actions carefully planned to gain a specific end	Taking a break was a tactical decision to improve his work later.
36	unbeknownst	知られずに	happening without someone's knowledge	Unbeknownst to him, his brain continued to solve the problem during his sleep.
37	interleaving	インターリーピング	a learning strategy that involves mixing different topics or skills during practice	Interleaving helps students retain information better over time.
38	subject	被験者	an individual who participate in a research study	The subjects were tested on their ability to solve math problems.
39	volume	体積	the amount of space that a substance or object occupies	They learned how to calculate the volumes of different shapes.
40	cylinder	円柱	a solid geometric figure with straight parallel sides and a circular or oval cross-section	One of the problems involved calculating the volume of cylinders.

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41	outperform	しのぐ、上回る	to perform better than others in a given task	The interleaved group outperformed the blocked study group on the test.
42	impression	印象	an idea, feeling, or opinion about something	Many students have the wrong impression about the effectiveness of blocked study.
43	deceive	騙す	make someone believe something that is not true	The temporary ease of blocked study deceives learners into thinking they've mastered the material.
44	present perfect tense	現在完了形	a verb tense used to describe actions that have occurred at an indefinite time or are still happening	Many students struggle with understanding the present perfect tense.
45	drag out	引き出す	to retrieve or recall something from memory	It's important to be able to drag out the correct information when needed.