

# Help

If you're not sure where to start:

- if **you are new** to the field, we suggest that you go to "[Learning paradigms and theories](#)" where you will find an overview that can be easily comprehended and followed. This is also the major part of the content of these pages.
- if you are **looking for something** specific, you might want to use the **search box** or the **site map**.
- if **you are wondering** how can all this be of use in educational practice, we compiled our list of conclusions under "[implications](#)".

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