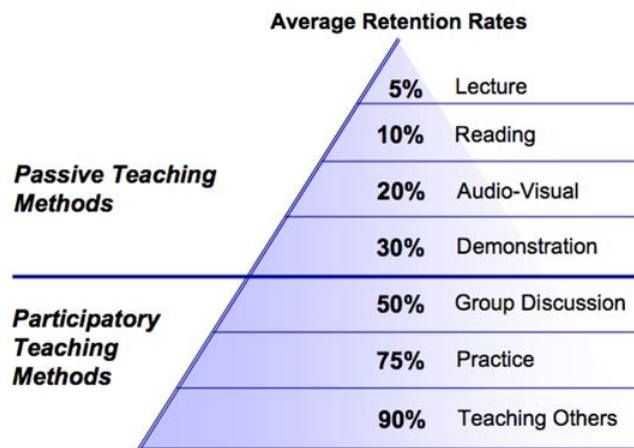


Learning how to Learn

- Learning pyramid
- Mind maps
- Being Honest with yourself
- Harsh realities
- The Feynman Method
- Getting things done
- Covey's four quadrants
- SMART targets

Learning pyramid

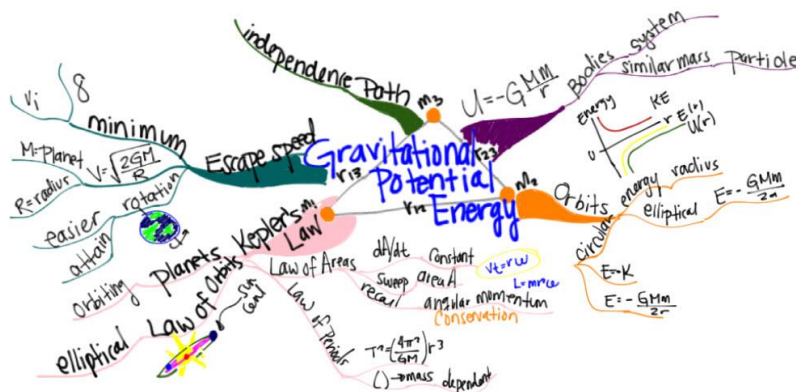
The Learning Pyramid*



*Adapted from National Training Laboratories. Bethel, Maine

The best way to learn is to teach others.

Mindmaps



You can learn more by finding connections

Being Honest with yourself

"The first principle is that you must not fool yourself - and you are the easiest person to fool."
(Richard Feynman)

You know how much work you need to do to succeed.

Harsh realities

- Some people are more intelligent than you and can learn faster.
- You may have to work harder than them.
- So..... You have to do it.

Feynman Method

Step 1: Grab a sheet of paper and write the name of the concept at the top. You can use pretty much any concept or idea – even though the technique is named after Feynman, it's not limited solely to math and science.

Step 2: Explain the concept in your own words as if you were teaching it to someone else. Focus on using plain, simple language. Don't limit your explanation to a simple definition or a broad overview; challenge yourself to work through an example or two as well to ensure you can put the concept into action.

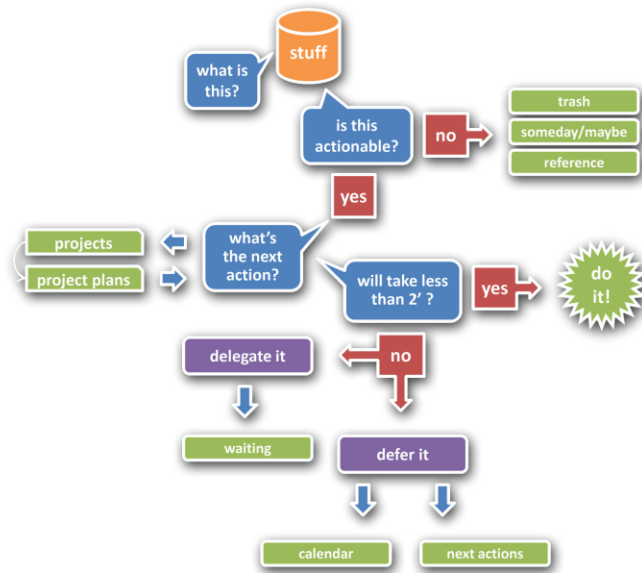
Step 3: Review your explanation and identify the areas where you didn't know something or where you feel your explanation is shaky. Once you've pinpointed them, go back to the source material, your notes, or any examples you can find in order to shore up your understanding.

Step 4: If there are any areas in your explanation where you've used lots of technical terms or complex language, challenge yourself to re-write these sections in simpler terms. Make sure your explanation could be understood by someone without the knowledge base you believe you already have.

<https://collegeinfo geek.com/feynman-technique/>

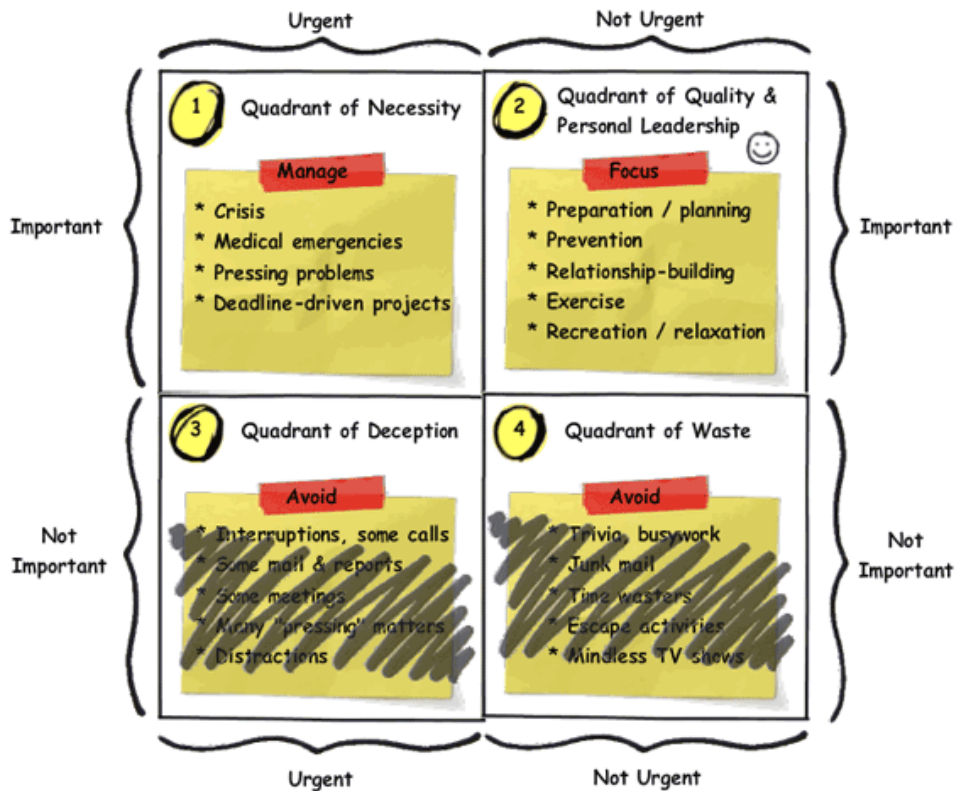
Teach yourself

Getting things done



Get organized and work efficiently

Covey's four quadrants



Focus on quadrant 2 and have much less stress.

SMART targets



Communicate with yourselves and others so there is no uncertainty.