



LEARNING GUIDE

WHY SHOULD YOU USE THIS GUIDE?

Why not just go ahead and use all the great tools we have on the site on your own?

Because knowing how to learn is one of the most important things you can learn and it will help you in learning everything else.

HOW SHOULD YOU USE THIS GUIDE?

In this guide there will be several different techniques and tricks to help you in your learning.

You do not have to use all of them but it is recommended to test them and see which ones you like and which ones that seems to work best for you.

Tip! *Read it now and look back at it before starting each course for optimal learning outcomes.*

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1 Self Reflection

Before you start

"Self-Reflection on ones learning is to do just that, to look at one's own learning to increase understanding and motivation and also to see what works and what does not"

This is done by asking yourself questions like:

Why do I want to learn this?

For example: Do you want to prepare for a course at school?
Do you want to get a job in the subject area? Be specific because understanding this will help with your motivation when it gets hard.

WHEN/WHERE - will I learn this?

For example: Will you do it on the bus home from work? Will you do it for the first hour of the day? Setting up a plan is important in starting a new habit or routine so it does not become something you will have to think about each time.

WHAT - do I want to learn?

For example: Do you have any previous knowledge that you want to increase? Are you new to the subject and want basic general information? Knowing what you want to learn helps you to focus on the most important parts.

1 Self Reflection

After you are done

"When you are done with something, it is important to look back and to see what worked and why"

WHAT - did I learn?

What was it that you learned from this course? Was it what I wanted to learn? This is important to know because if the answer is No, maybe you need to redo the course or take another one.

WHEN/WHERE - did I learn this?

When and Where did you take the time to learn the material in this course? Was this what you planned or not and why? Checking if you stuck to your plan and reflecting on this is important to know for the future.

WHAT/WHY - could I have done better?

What could you have done to learn more from this course? Why didn't you do this? Knowing where one fails and why is of great use for future learning and gives a better understanding of yourself.

TIP! Write this down on paper or on your device; it can be great to look back at!

2 Method of Loci

Memorization Technique

"This method is an old trick that comes from the ancient Greek scholars and philosophers, but it still works great today"

What you do is that you pick things you want to remember and associate them with a specific place on a familiar path or in a familiar place.

For example, let's say you want to remember the top ten largest countries measured by population. You pick one path you walk every day, let's say to your job. Imagine first seeing five Chinese people taking photos of a giant statue of Confucius, then you walk a few more steps and meet Gandhi talking about how India should be free, after this you see some Dollar bills laying on the ground, but before you can pick them up, Donald Trump takes them and runs away with them.. And so on.

TIP! *Be creative; the brain is better at remembering things that stand out!*

3 Spaced Repetition

Spread out your learning

"This method is based on how your brain works, every time you use a memory, it gets stronger"

What you do is that you spread out your learning to different times and over many days. This way you will just have to spend a small time each day, and it will also help you learn even better.

For example, if you are planning to do a course that takes 10 hours, you could do the whole course in one day or over a weekend, but you might not remember as much as you want later. Doing one hour a day for ten days, or maybe even 30 minutes a day for 20 days is much better. It is not only your memory of the information that is improved, but it will also be easier to schedule and to focus when you split it into smaller parts.

TIP! *If you have time left over and you still want to learn more, try doing different courses at the same time, Bill Gates does this with different books to come up with new ideas.*

4 Testing Effect

Create your own tests

"Having to tests are much harder than to re-read, and that is precisely why they works so good for learning"

Taking a test has many benefits, for one thing, it makes you remember the information better. Another great thing about taking tests is that they will show you what you know and what you don't know because when you must use the knowledge that you are learning in a job situation, you can't always bring a book with you.

For example, if you are listening to a lecture that doesn't provide a test with it you can make up your own, here is what you need to do: Write down some questions while you listen or read and mark the time when they are answered. Wait a couple of minutes after you are done watching and then try to answer these. For the ones that you can't, go back and check the answer and write it down.

TIP! *You can also use websites like Cram.com to create your own flashcards to test yourself with.*

5 Explanation

Learn by explaining

"By explaining what you have learned you will learn more and you can also use this technique to help others"

This technique not only helps you to use the knowledge as you will have to do later in your work but also for you to gain a better understanding of what you don't know and what questions there are about the subject. You can use explanation to try to explain topics to yourself or on paper, but it is even better to do it for someone else. If you are learning something new, you most likely have an interest in it, and when we talk to friends and family, we usually talk about our interests. Many people are afraid of talking about what they are learning because they might feel that they don't know enough of because they think others might find it annoying. These are both false worries; if you have learned something make sure to share it, people will most likely both be happy to learn something from you and find it interesting if you do.

For example, tell some family members or friends that you want to have a small lecture for them. Make a presentation about the subject and get them to ask questions afterwards.

6 Pomodoro

Split up the time

"Each interval is known as a Pomodoro, from the Italian word for 'tomato', after the tomato-shaped kitchen timer that Cirillo used when creating the method"

This technique is very simple, what you do is to break the learning down into small parts of 25 to 30 minutes and follow these with small breaks. The point is to make you focus under this short time and feel that you get a reward once you are done to get you more motivated for the future. Another great thing with the Pomodoro is that you over time will develop better focus and you can also try to add a minute each week to train yourself to focus for longer periods.

For example, let's say that you must read 100 pages for a course or assignment. You then set the alarm on your phone or watch, pick up the book and read for 25 minutes, when you are done, you take a break for five minutes and then repeat.

TIP! *Do some exercise or take a small walk in your breaks to be even more productive by increasing your blood flow to your brain.*

7 Bonus Tips

Making sure you learn at your best

"Remember that you are the one doing the learning, so making sure that you are performing at your best is just as important as the quality of the information you use"

Exercise:

To have a healthy body is to have a healthy mind, people sometimes forget that the brain and the body are connected and only focus on the brain. Training your body is also training your mind so if you want to learn anything this is very important to know. There are tons of studies showing that if we get more fit, we will become more focused, better learners, have more energy and even become happier. So, make sure that you don't forget to exercise if you want to learn, even something small like a 30-minute walk counts.

Food:

Our brain and our body need energy to work, and we get our energy from the food we eat. Making sure to eat healthy, to have some fruits and vegetables with every meal, not to eat too much fast food or sweets, and not to overeat will help to increase our energy, make you feel better and improve your learning.

7 Bonus Tips

Making sure you learn at your best

Sleep:

Sleep is essential for your learning; Brain Scientists have said that it is during sleep that we are forming new memories and strengthening our knowledge. People below the age of 18 often need nine or ten hours of good sleep. The older you are, the less you will need, but very few people are at their best when they have slept for less than seven hours so make sure to get in at least those seven, every night.

The quality of our sleep is affected by many things, some great tips, if you want to sleep better are:

Avoid the TV, Computer and Phone for the last hour of the day. These devices trick our brains that we need to stay awake.

Make sure that you go to sleep and wake up at the same time each day, the body and the brain have schedules for when they are doing what and if you change these times you will not have as much energy.

Avoid having Coffee, Tea or Energy drinks in the late afternoon or evening.

Good Luck!

Want to keep on learning?

If you find this interesting and want to learn more about learning make sure to look at our "Lifelong Learning" page! And if that is not enough here are some great books on how to do so as well!

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