

Effective Learning

State of Mind



- You need to be in a resourceful state of mind. The state of mind is relaxed, confident and motivated. If you are stressed, or lack belief in your ability, or cannot see the point of what you are learning, you won't learn well.

Intake of Information



- You need to take in the facts to suit your learning preferences. There are differences in the extent to which we each need to see, hear or get physically involved in what we are learning.
- When you first start to read, listen to or watch something new, you need to do something to take that information more memorable to yourself. What you will do depends on your preferences for visual, auditory or physical learning – or whether a deliberate combination of all three works best for you.

Explore the subject



- You need to explore what you are learning. There's a difference between knowing about something and truly understanding it.
- When you thoroughly explore a subject you turn surface knowledge into deep understanding. How you achieve this depends upon other important learning preferences – preferences that depend upon the unique way you use your range of intelligences.

Memorize the information



- You need to memorize the key elements of what you have learned. The aim is to commit one of the two key facts to memory, so the rest of what you've learned comes flooding back.

Show you know



- Unless you test your understanding of what you've learned you cannot be sure you have really understood it. You need to 'show you know'.

Reflect on how you learn



- You need to reflect on how well the learning went. The aim is to improve not just what you know, but how you learn. That way you will become a better learner.

Source: Colin Rose & Brian Tracy Accelerated Learning