



# Learning

## -And how to learn fast-

Journey to your best – Challenge 0



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★ 01

# Learning

# Learning

Learning is the method by which individuals obtain knowledge or expertise in a particular subject through study, hands-on experience, or formal instruction.

Learning is essential for humans to develop and adapt to their surroundings. It allows individuals to understand, interpret, and respond effectively to new situations, challenges, and opportunities.



# Why do we learn ?

Learning, a perpetual journey of growth, keeps you active and engaged. It nurtures your brain, fuels creativity, and brings joy through newfound opportunities, enriching your life with continuous discovery.



# Learning style



## Visual

Learn best through visual aids such as charts, diagrams, and images



## Read/Write

Learn best through reading and writing



## Auditory

Prefer spoken instructions, discussions, and lectures



## Kinaesthetic

Learn best through hands-on experiences and physical activities



# Stages of learning



## Cognitive Stage

Initial phase involving understanding and acquiring new information.



## Associative Stage

Turning information on "what to do" into the practical "how to do it."



## Autonomous Stage

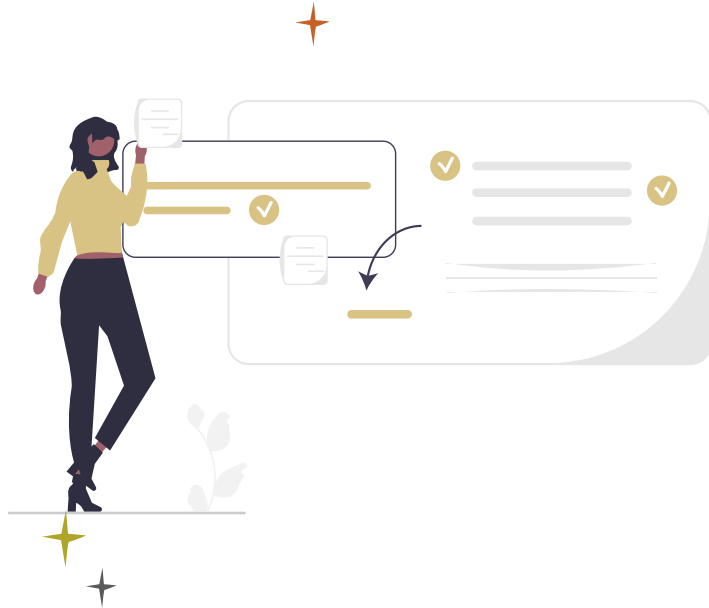
The skill is almost automatic to produce and requires minimal thought.

## 02 Learn fast





# What is fast learning ?



Fast learning is the process of acquiring new knowledge and problem solving skills with emphasis on time management.

This method seeks to speed up the process of absorbing information and cultivating practical skills, enabling individuals to quickly adjust and respond to diverse challenges and opportunities.

# Why do we learn fast ?



## **Adaptability**

Allows individuals to adapt to situations

## **Efficiency**

Use the time more efficiently.

## **Versatility**

Able to pivot between different tasks, roles

## **Problem Solving**

Fast learners swiftly solve problems.

## **Continuous Improvement**

Avoiding setbacks and optimizing performance.

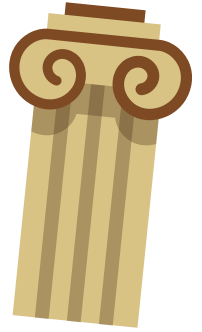


03

# How to learn fast



# Mindset and motivation



## Mindset

Be open to different perspectives and ways of thinking, self identify with where you want to be

## Motivation

Focus on living, not life, break a task down into the simplest thing you can to motivate



# ✦ ✦ Preparation

## Clear Goals

objectives to stay  
focused and motivated

## Prioritize

concepts or skills to  
prioritize your learning  
efforts

## Effective Resources

books, online courses,  
or tutorials.

## Time

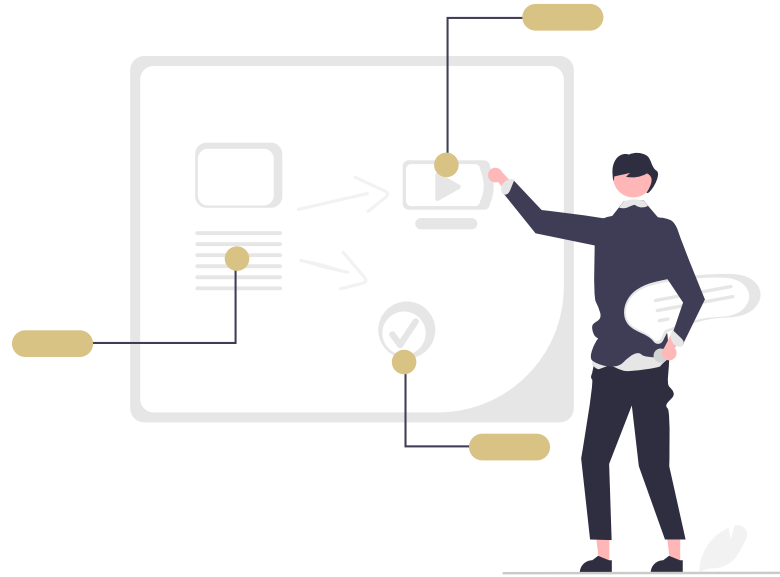
dedicated time for  
learning, avoiding  
procrastination.



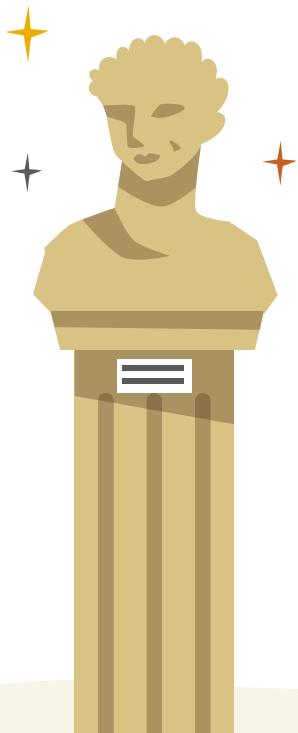
# How to do

Active learning: Summarize information, teach others what you've learned, and join discussions to make your learning more engaging and effective.

Continuous Reflection: Continuously think about how you're learning. Regularly reflect on your study methods and what's working for you.



# **Awesome words**





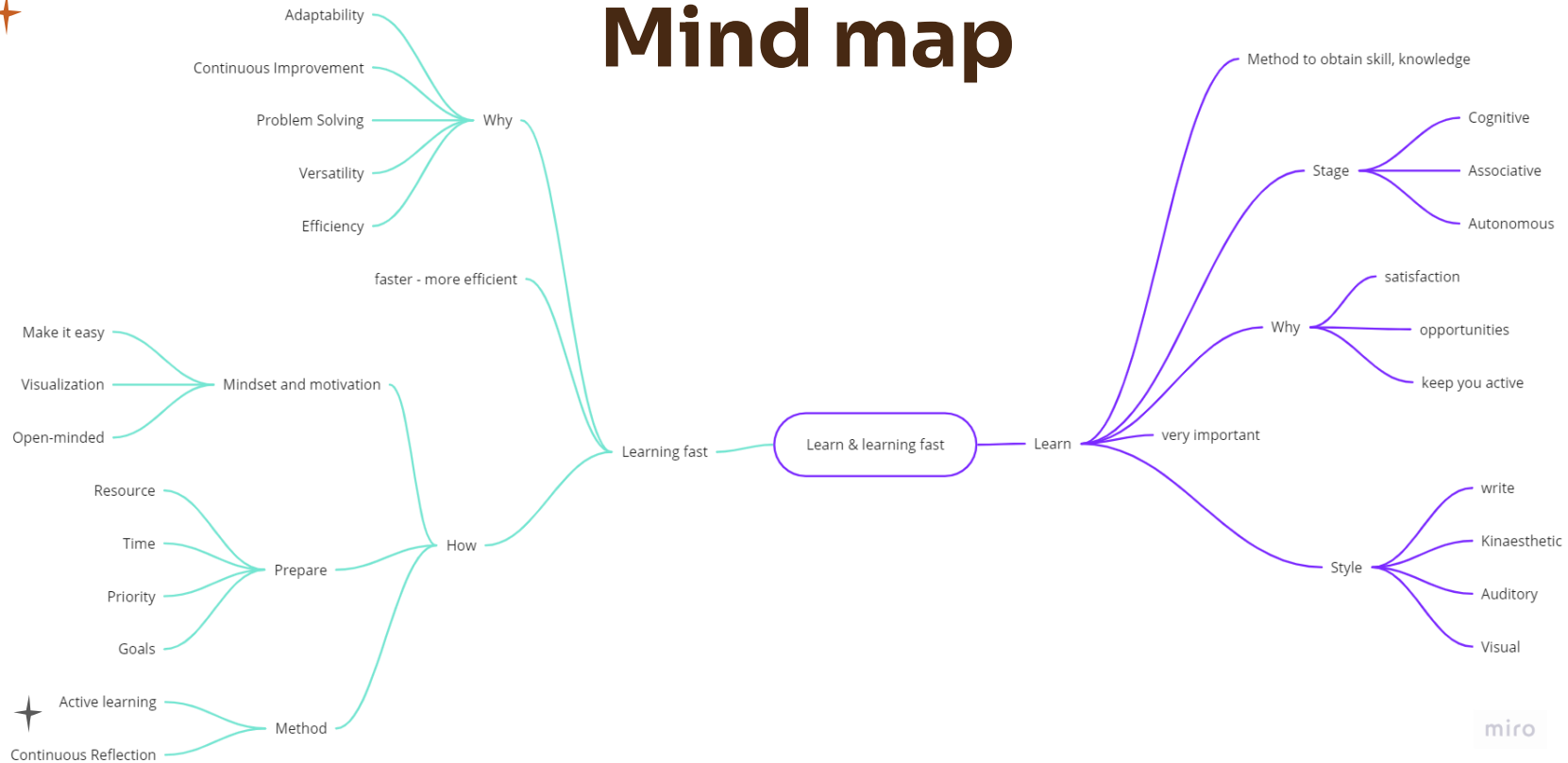
“So, listen, to yourself and to those with whom you are speaking. Your wisdom then consists not of the knowledge you already have, but the continual search for knowledge, which is the highest form of wisdom.”



**Jordan B. Peterson – 12 Rules for Life**



# Mind map



**Thanks!**

