



Learning

-And how to learn fast-

Tran Thanh An – Journey to your best



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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.



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."



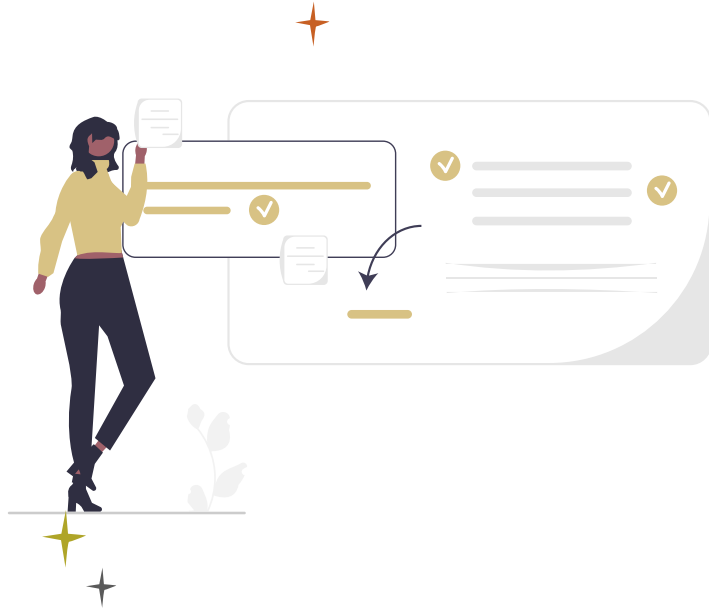
Autonomous Stage

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.

The advantage of fast learning



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.



Who Needs to Learn Quickly

Almost anyone can benefit from learning quickly in various situations. Here are some examples:

Students	Language Learners
IT Professionals	Freelancers
Entrepreneur	Job Seekers



When to Learn Quickly

Project Deadlines: Fast learning is crucial for team members to acquire the necessary skills and knowledge within tight project deadlines.

Skill Gaps: Noticing and quickly learning new skills is key for getting ahead in your career.



When to Learn Quickly

Changing Technologies: Fast-evolving industries like technology, requiring professionals to learn quickly.

Startups: Entrepreneurs and startup founders must quickly learn various skills to tackle the challenges of building and growing a business.



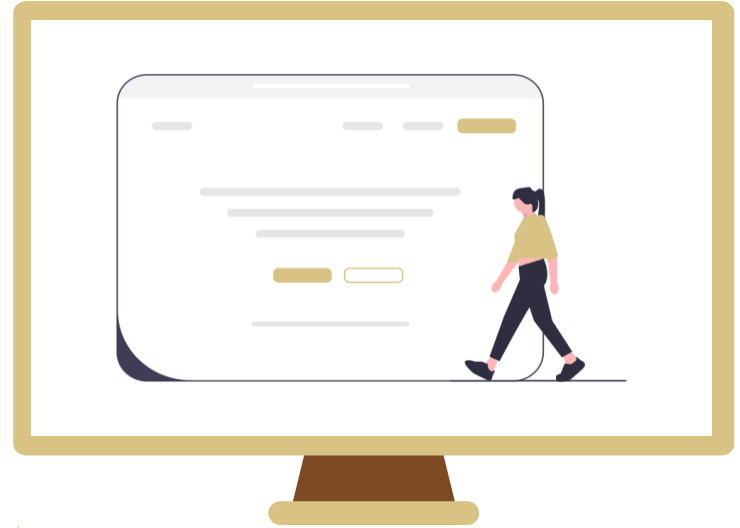
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How to learn fast



Preparation

Before delving into your learning journey, it's essential to secure quality resources that will enhance the overall learning experience.



Preparation

Knowledge: In learning, information and knowledge play an irreplaceable role.

Here are some following sources for valuable information

- Books
- Online Courses and Platforms
- Video Tutorials
- Online Forums and Communities



Preparation

Mindset and Motivation:

Passion and curiosity can help accelerated learning.

Some ways to improve your mindset

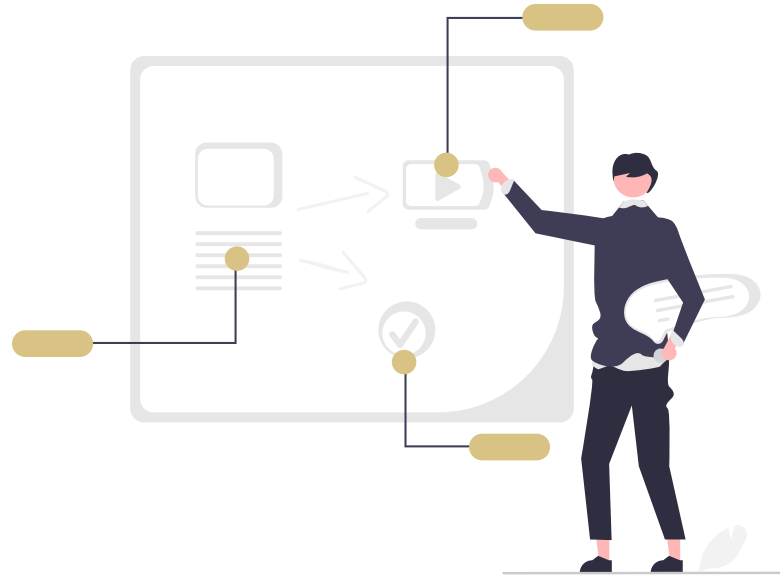
- Visualizations/affirmations
- Commitment
- Make it easy



How to do

Here are three straightforward ways to boost your learning:

- Active learning
- Reflect Regularly
- Optimize Your Study Environment

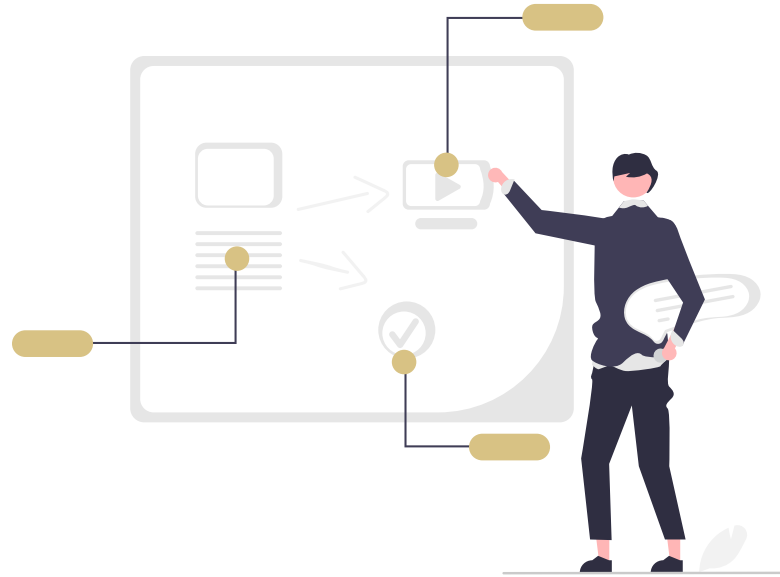


Active Learning

Active learning makes education engaging and participatory, fostering critical thinking and problem-solving skills.

It can be improved by :

- Teaching and Peer Instruction
- Summarize
- Participation in Discussion

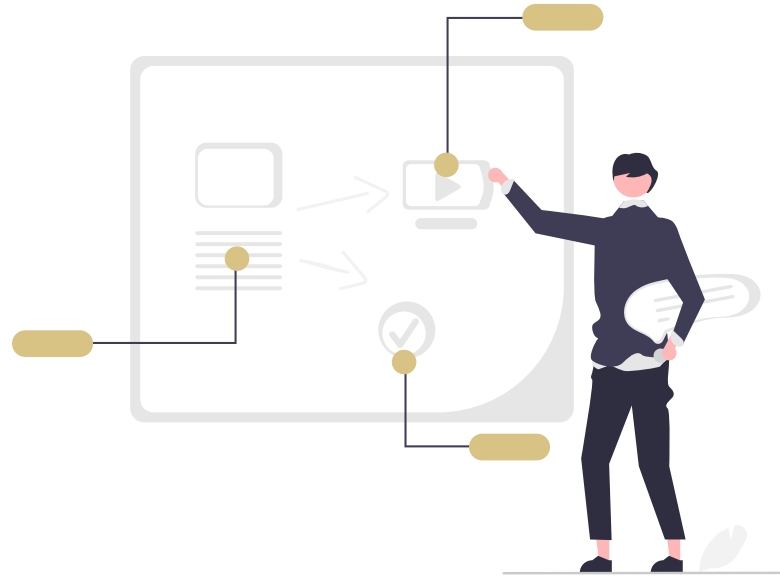


Optimize Your Study Environment ✨

Optimizing your study environment can enhance your focus, productivity, and overall learning experience.

Some tips for your next time learning:

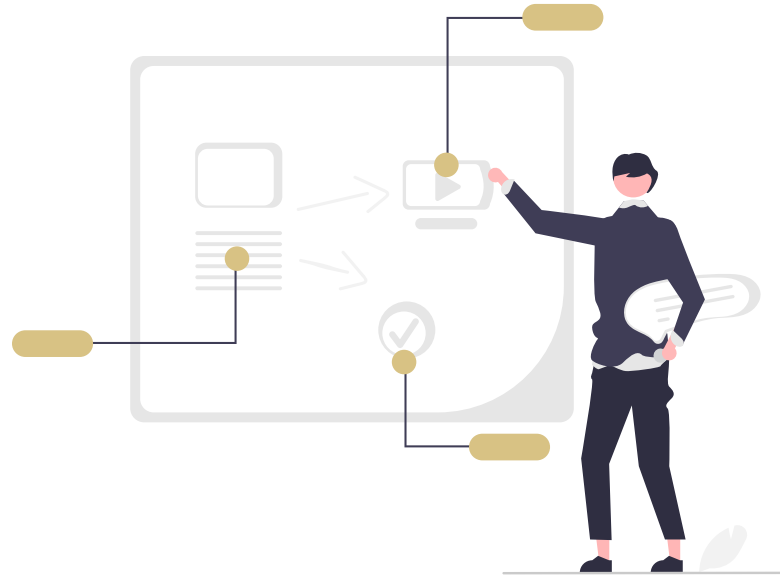
- Remove Distractions
- Personalize Your Space
- Noise Management



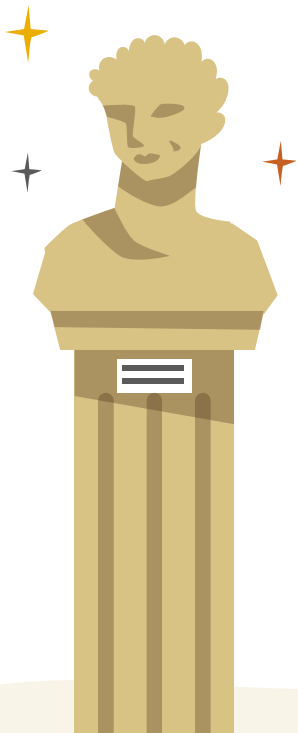
Reflect Regularly

Regular reflection is a powerful tool for personal growth, learning, and improvement.

By focusing on different aspects of your life, goals, and experiences, it can be a valuable practice for continuous personal and professional development.



Awesome words



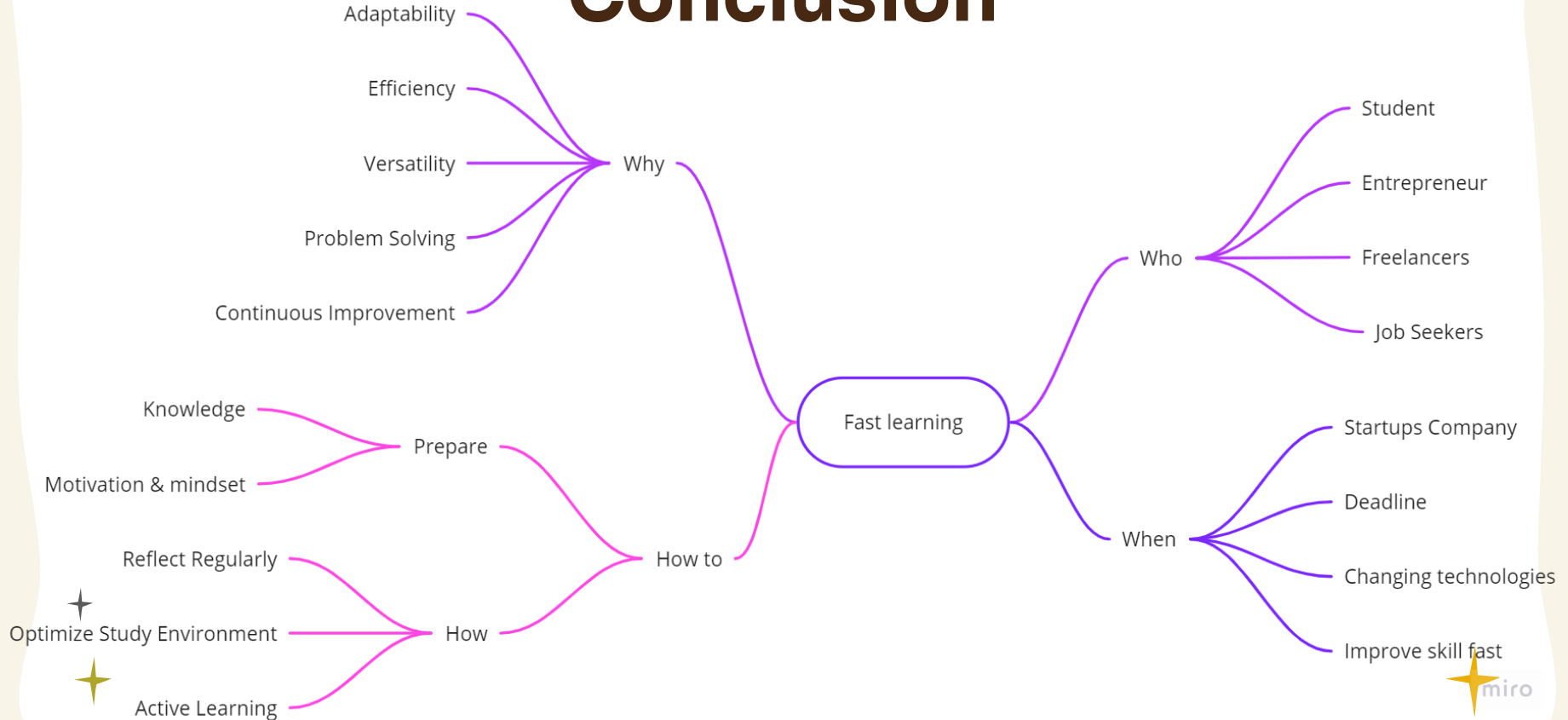


“So, listen, to yourself and to those with whom you are speaking. Your wisdom then consists not of the knowledge you already have, but the continual search for knowledge, which is the highest form of wisdom.”



Jordan B. Peterson – 12 Rules for Life

Conclusion





Thanks!

I welcome your constructive feedback and any inquiries you may have.

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