

Tuesdays with U^{Openly} - Digest #1

Reflective Question

“ What would be the biggest benefit of increasing your focus over the next month? ”

Resources

Listen:

Squiggly Careers:
How to Learn at Work



Read:

HBR: Make Learning a Part of Your Daily Routine



Key Takeaways



Focused vs Diffused Learning



Focus takes deliberate practice.

3...2...1... Action!



Identify a topic you want to learn and start to create a learning path in Udemey.



Find an accountability buddy to keep you focused.



August 1, 2023: Learning How to Learn