

Make it stick – Bullet points

Learning is for having knowledge and skills ready for future problems. For this memory is important.

We have to keep learning and remembering, learning is an advantage in every field.

You can train the skill of learning. If learning is effort full is better. We sometimes don't know if we just learnt for temporary or long term.

Intense learning and practice are good but not productive. Don't reread or remember by heart, is false learning.

Recall, test yourself, this helps to learn better, periodic (over days not all in one day) practice helps to hold onto knowledge.

Don't look at the solution before trying.

People learn better in different ways, visual or empirical.

Knowing the principals or rules of an idea will help you solve unfamiliar situations.

When learning something identify your weakness, so you have change them into strengths and practice them (test).

To start to learn something new you have to know already a foundation.

"Elaboration is the process of giving new material meaning by expressing it in your own words and connecting it with what you already know"

If you can connect what you have learned with what you are learning, helps you become a better learner.

Grounding an abstract concept in something familiar helps in the process of learning.

Knowing different things, you can create various mental models and use them all together makes master.

Hard learning = stronger = lasts longer

Learning theory combined with experience and good personal examples, make abstract into concrete.

Mastery requires knowledge but also conceptual understanding of how and where to use it.

We will always forget, but we can stop the process of forgetting. With no foundations in the main subject there can't be good creative thinking against new problems. Delayed feedback works best, immediate makes it feel necessary like wheels on bicycle. Varied practice gives better solving skills in different context.

Don't fall into familiarity trap, when you know something and feel that you don't have to practice.

Testing is a reality check, it proves mastery.

There is no learning limit or what we can remember, as long as we can relate to what we already know.

Context unlocks memory.

Effort full recall improves retention

After learning something, take a few minutes to review it with your own thoughts, which were the key points, examples, how this relates to what I already know?

Reflect on what you have learned, as it will cause retrieval, elaboration, and generation.

Mistakes are not a sign of failure but of effort.

If it is difficult it will stick more into your long term memory.

Practice and apply what you have learned, else you will forget.

There is no limit to what we are able to learn, the more we learn the easier we can relate it to everything we already know.

If you make a task more difficult to do, it can help you in your learning.

If presented with a problem, work through it don't peek into the solution, generate the solution.

The thought of knowing in what you are getting into before doing it can be a blocker to start doing it.

Memory is about reconstruction, you can't remember every detail, because of this it can be altered by emotions or perspectives of things, creating memory illusions.

You can create an illusion to yourself that you have understood something completely.

While going through life you create mental models, that can be very complex depending on your expertise.

The better you know something, the more difficult it becomes to teach it, because your understandings are more complex.

Incompetence people don't improve because they are unaware of their competence in the field.

Good habit for learning can be frequent testing, read about the topic before is taught in class, judge what you have learned, take feedback, work with more experienced people, variety of training.

Develop your own learning method, everyone is different.

Whether you think you can, or you think you can't, you are right. What you think about your abilities play a role on how you learn.

Dyslexia is more common among criminal inmates than the normal population, this is because the low self esteem that is created since school.

The Honey and Mumford learning style questionnaire helps you to identify what type of learner are you.

Anyone possesses at least two types of intelligence fluid (ability to reason, see relationships, think abstractly) and crystallized (accumulated knowledge of the world and mental models you've developed). But in fact, there are plenty more types of intelligence. Knowing which ones, you possess, can help you in diversifying kinds of learning experiences.

Dynamic testing ~ TDD: test a skill then fail on it, practice, learn, etc. Test again to know what works better or what needs more work.

There are two types of learners: example learners and rule learners, ones that learn by memorizing examples and the other that learn the principles or rules of the subject, but you need both to have the Knowhow of things, and go do.

The brain is mutable, which means you can always keep learning new things, but everything affects your abilities of learning or IQ, from society to your own nutrition.

The power to increase your abilities lies within your control.

Memory can be trained, with practice and techniques you can remember things immediately like the memory palace, rhymes, or relating objects to groups of numbers, there are called conscious mnemonic.

To learn something, it comes down to self-discipline, persistence and grit.

Master whatever you want to be doing.

As a teacher, every classroom learns differently so teach differently. Teach them how to study, create desirable difficulties (quizzes, things that create retrieval, generation and elaboration), be transparent.