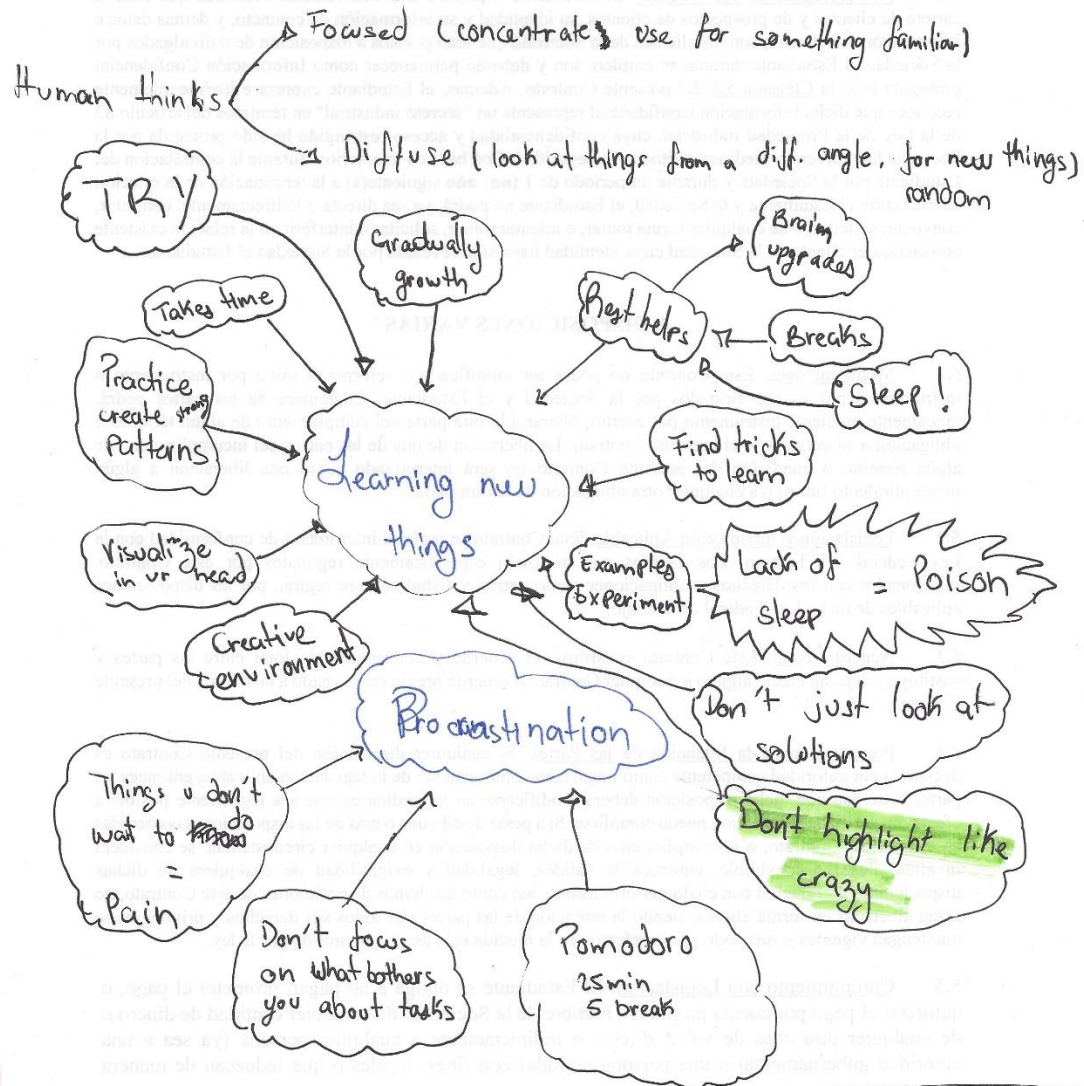


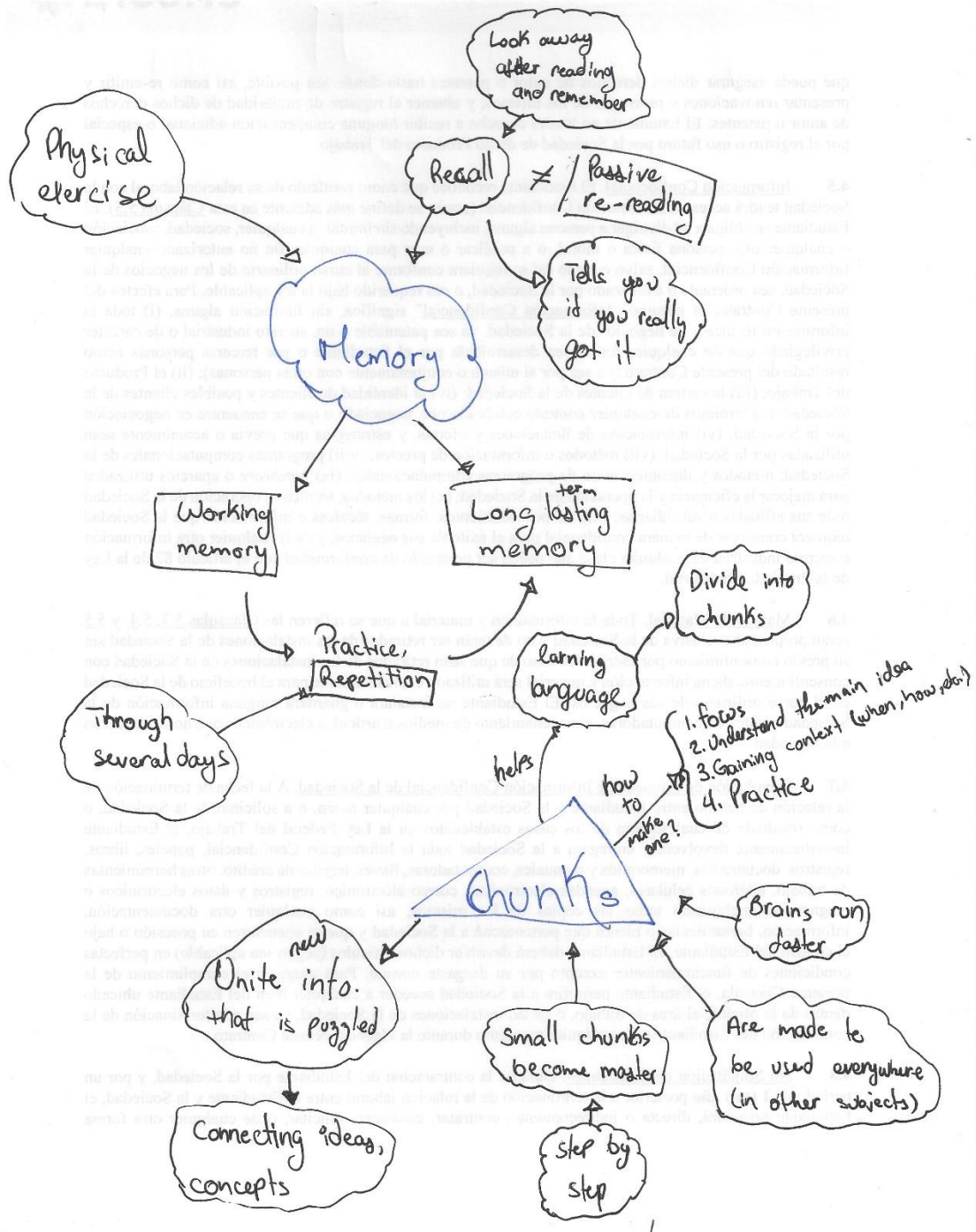
# Learning How to Learn

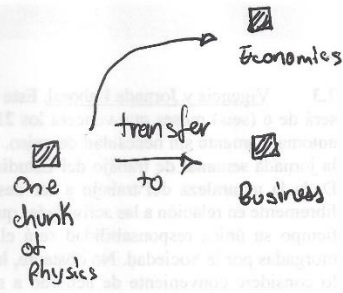
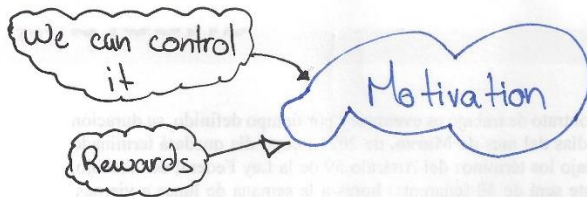
Week 1



Macar moshpit  
videojuegos / A  
Escalor / 4fohica

Multitasking also means  
quick switching between  
tasks





Emotions = Learning

bits of info.



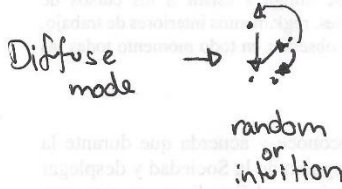
Master over time

Practice the hard stuff

Lots of chunks

Big Picture

Give understanding



Focus mode sequential

Working memory depleats if you use it alot.

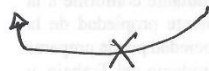
Overlearning x 10000

Good sometimes

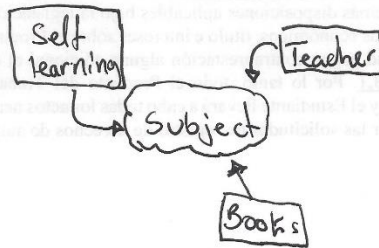
but creates illusion of learning competence

Random learning of a subject → Better understanding

1 Understand first → 2 Jump second



Mindsets can change and should



Week 3





Week 4

