

What I learned – Reset phase - Month

This past month was filled with tons of new knowledge from all the types you could think of, from how to talk to somebody to quantum physics. It was like a jellybeans candy container; you never knew what a link would teach you about. Although sometimes was tough I enjoyed learning about everything and kind of random things, of course, it wasn't selected randomly, and I think videos give you a break from readings, which made it easier to bear. I won't go through everything I learned, for that there are my weekly essays, but I will talk about the month tasks we were assigned to do and some knowledge I gained from them.

We had to read a book called *Ego is the Enemy*, as you can imagine from the title it is about avoiding being egocentric or falling into a narcissistic way of thinking. I don't get along with people who act like they are superior to everybody else or someone who brags about stuff in a bad manner, I just think that is selfish and I can't stand it, this book is all about avoiding being that way. I can understand you are raised in such a way that you become like that but refusing to change is another thing. It doesn't matter who you are, what you've got, if you keep that mindset, your success, if you've got any, it won't last, or you won't be able to improve at anything. Being humble is a quality not everyone has, but is one that everyone should, because being humble is not just giving things away, but it is a way of thinking. To stay humble, you've to think you have always something to learn, you will never reach the point of being superior to everyone else, it keeps your feet on the ground. Something I learned from this book that happens to me all the time, is whenever I wanted to do something and I talked about it I just didn't do it anymore, I didn't know why, but after reading it I see now that it gave me a feeling of accomplishment, like if in my head I had done it, so now I'll try to keep things to myself, not all the time of course, but I won't brag before even starting. The book is like a harsh reality hit, it can be all the lessons you should have learned as a kid to become a better person, I loved it because anyone of any age can still receive lessons from it, I would recommend this book to anyone and I know it will help them in some way.

Another book we had to read was *Make it Stick*, it is about methods of learning which can be transformed into ways of teaching, in addition, we had to take a course called *Learning How to Learn*, so these two tasks complemented each other, most of the time they talked about the same things, but it gave two different ways of learning something. I think this could've helped me from the beginning of my education, or at least I think this book should be given to all teachers, like how they assign us books to read, this one should be given to them. A lot of teachers obligate you to learn something the way they did and they think it is the only way you can do it because that is how they learn it, this is a common misconception. Everyone learns differently, everybody has their preferences for learning a new topic. For example, I can say I am an example learner, I just like looking first into how things are done, before understanding completely the principles, because I can just relate them later while learning the theory, that is just how I learn things better, but that is myself and I know not everyone is like that. I had a hard time with some teachers, and while reading the book and taking the course, it could have been a better experience if they would have applied the techniques thought in them. For example, giving variety to the examples, putting quizzes but understanding that is also stressful to the students, giving tons of feedback, because that is what college professors struggle the most, they never do it, I never understood why, maybe because out of laziness, but it is truly important. Now that I know these methods I will apply them whenever I learn something, and I know now that it doesn't matter the age you have, you can always learn new things, and it won't be easy but you will be able to. Sometimes you just drop things because you feel that if it is not easy, maybe it isn't meant for you.

After this month, most of the things I learned were soft skills more than technical ones, and I understand now why it is important to start with this. Something my father always says is that for success is 90% attitude and 10% the rest because technical skills are easier to learn, but not everyone has the attitude to master them. You need to have a student mindset, always learning, accepting failure, embracing change, communicating with people, wanting feedback and that is what this field and type of work are all about. Having these types of skills will help me through my whole life, even if I don't end up working at Encora, I know they will help me wherever I work.