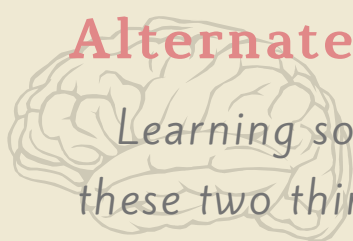# An unstructured enthousiast's guide to performing better

How 'Learning how to learn'© can improve your results too!

Alternate between focused & diffuse thinking

Learning something new can be difficult so alternate between these two thinking modes. Do focus when learning something but take a step back to get a broader perspective . It will help you learn more effectively so let your mind wander freely too!

Sleep

It's not just the lack of sleep which makes you feel groggy. Your brain hasn't had time to wash away the toxins still floating around. You're also interfering with your brain's ability to figure out difficult problems and learning new things. So be smart: sleep!
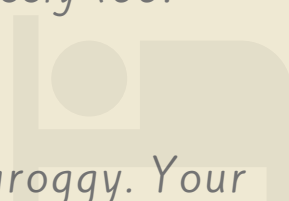
Chunking

Learn how to break down strings of information instead of cramming an entire new concept you don't understand. Context is where bottom-up (practice & repetition) and top-down (what you're learning and where it fits in) learning meet. Be a smart learner; chunk!

Motivation and emotions

Keep your amygdala happy to be an effective learner as Dr. Sejnowski says. It's one of the major centers where emotion and cognition are effectively integrated. That explains why it's hard to learn when you're angry or upset. Also don't mess with your acetylcholine, dopamine and serotonin levels! These neuromodulators are crucial to focused learning, motivation and social behavior.

Process vs. product

Focus on the process of what you're doing, not what the final result should be! This will make it easier to start and keep you motivated. Quit wasting time and get on with it! Stop avoiding tasks like an addict avoids their issues. Get with the flow of time & healthy habits. And don't forget to kill your frog!

Procrastination & the 4 fases of routine

So now that you're focusing on the process and you're no longer avoiding a pain-like experience (that's what avoiding tasks does to you), you'll follow the 4 fases of routine (cue, routine, reward and belief) to overcome procrastination so you can now set your Pomodoro® timer and master any new subject in life!
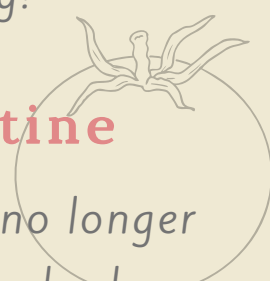
Disclaimer: Don't take my view on 'Learning how to learn' for it but head over to **Coursera** to find out more about learning or other interesting courses yourself. Don't be stupid; get smart!