

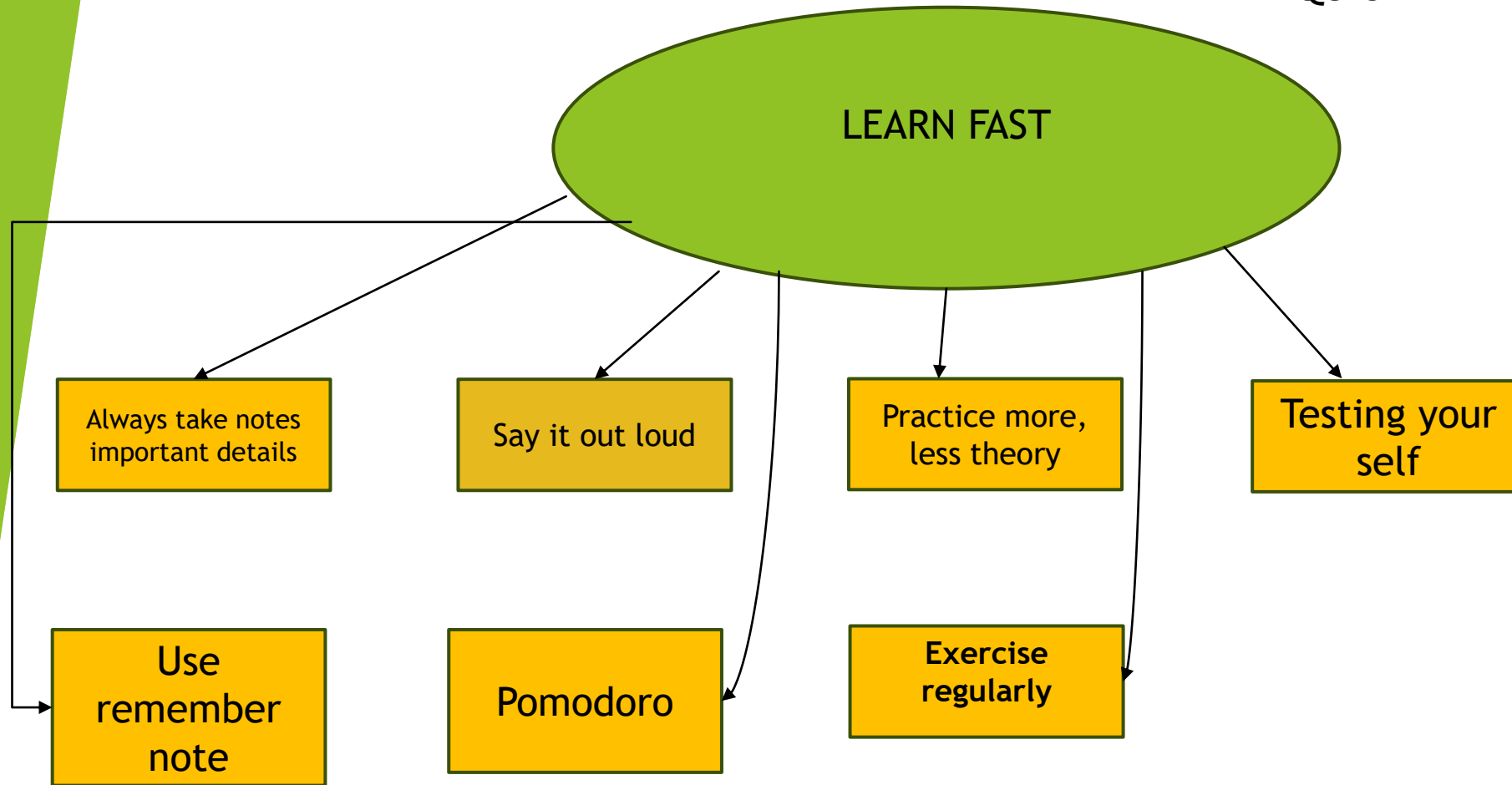


LEARN FAST

Learning is a very important a very important process in everybody's life, but learning can take a very long time. And sometimes we do not have enough time. So how can we learn fast but effectively?



ACCORDING TO THE INTERNET THERE ARE
7 WAYS YOU CAN APPLY TO BECOME A
QUICK LEARNER



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1. TAKE NOTES

Taking handwritten notes
is an effective way to
ingrain knowledge in your
memory

- Jot down every
important keyword in the
books and the teachers'
lectures.
- Highlight keywords in the
student books and note
them in your not books.
- _Organize in a structured
way, so that next time
you will find the thing you
need more easily.

Make sure you focus when
you take note=>this will
help you to remember the
information longer.

Use your own words when
taking notes =>increase
your understanding

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2. SAY IT OUT LOUD

When you hear your self
repeat the information,
you can remember it
longer.

Read out loud everything
you have noted down,
_Pointing at the words,
read it out loud , so that
you will memorize it more
easily.
_ Try this several times
and next time , when you
think about it, you will
never forget it

For example, when I learn
English, whenever I
encounter a new word,

I usually note it down and
read it loudly 10 times
and point at it. Next
time, when I hear the
word, I will know how to
spell it and vice versa.

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3. TEST YOUR SELF

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graph TD; A([3. TEST YOUR SELF]) --> B[Practice make perfect]; A --> C[Do not learn only theory, you also have to practice what you have learned. Practice helps you to have a deep understanding of your theory. Practice not only helps you recall your knowledge but also helps you to feel the knowledge less boring]; A --> D[For example, when I learn React, after I have gotten the base knowledge, I will go to youtube and find some easy tutorials to build a real-world project with react. Next, I will build my own one.]
```

Practice make perfect

Do not learn only theory, you also have to practice what you have learned.

Practice helps you to have a deep understanding of your theory.

Practice not only helps you recall your knowledge but also helps you to feel the knowledge less boring

For example, when I learn React, after I have gotten the base knowledge, I will go to youtube and find some easy tutorials to build a real-world project with react. Next, I will build my own one.

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4 TEST YOUR SELF

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graph TD; A([4 TEST YOUR SELF]) --> B[Quiz your self to see what you need to review]; A --> C[Spend at least a day in a week to review all your knowledge. Choose one topic to review, it can be anything (like one of your subjects in your school), or new knowledge you have learned recently. _Note down anything you forget in a note book and review it later.]; A --> D[You can test your self or ask some one to do it for you  
  
_ you can search for online test by this key word: your subject+test online];
```

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5 USE MEMORY NOTE

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graph TD; A([5 USE MEMORY NOTE]) --> B[A very effective way you can use if you have difficulty in learning new things]; A --> C["This is a tips I have learned from a very famous speaker- Nguyen Bich Lan. When she learns new words, she usually notes it down on a memory note and sticks it around her house. So then, wherever she is or whatever she can also learn it."]; A --> D["Research has shown that what you see repeatedly can inadvertently be ingrained in your mind. Make sure to place where you can see them easily."];
```

A very effective way you can use if you have difficulty in learning new things

This is a tips I have learned from a very famous speaker- Nguyen Bich Lan.

When she learns new words, she usually notes it down on a memory note and sticks it around her house. So then, wherever she is or whatever she can also learn it.

Research has shown that what you see repeatedly can inadvertently be ingrained in your mind.

Make sure to place where you can see them easily.

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6 POMODORO

Learning in a long time
can be tough right ? So
you can try pomodoro

This method has 4 steps:

- _ Choose a work you need to do.
- _ Set a Pomodoro timer.(25m)
- _ End work when the timer runs out and take a break, (5m).
- _ Repeat step 2 until you have done.

The advantage of this method is that you just need a short time to focus on the job (25-30m) so you can avoid distractions and then you can break. This is better than you spent a straight to fully complete a task.

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7. EXERCISE REGULARLY



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graph TD; A([7. EXERCISE REGULARLY]) --> B[A healthy mind in a healthy body]; A --> C["-Studies have shown that 20m of exercise can increase your ability to remember and study. Exercises also helps increase your body's production of a protein that supports how your brain cells grow and function"]; A --> D["you should not stay on the chair for too long. Taking some rest and exercise will push your productivity."];
```

A healthy mind in a
healthy body

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20m of exercise can
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Exercises also helps
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Taking some rest and
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productivity.



THANK YOU
FOR
LISTENING