

Learning how to learn

The most effective, cutting-edge learning techniques that you can apply to your daily life.
[Learn more](#)



The main problem with education

Whether it's at school or university, the one thing no one ever teaches you is how to teach yourself. All you can actually do is memorize information in order to regurgitate it when you take the test. You get drilled on how to solve specific exercises so that while you know exactly what you need to do when exam time comes around, do you truly understand the subject material? All you've really learned is how to pass that one test. Once that test is over, the information in your head has outlived its usefulness.

Conclusion: Knowing how to study is absolutely essential, but for some reason, this point is too often overlooked. So, what can we do to remedy this?

There are certain techniques and exercises that can be applied to the learning process to help make it more efficient and engaging. This is exactly what we do at Practicum.

Facts and figures

On learning and the brain

86 billion

The number of neurons in the human brain

2.1 billion

The number of adults with low reading proficiency
 World bank, 2017

1,000 terabytes

Human information storage capacity

500 trillion

The number of nerve synapses responsible for learning in an adult human

420 million

The number of adults under 25 with insufficient education for finding employment
 World bank, 2017

17-20 years old

Peak learning age

1885

Development of the forgetting curve

1897

Publication of Ivan Pavlov's research on classical conditioning

The Feynman Technique

Learn without forgetting.

[More →](#)

Ten principles of rapid skill acquisition

By Josh Kaufman

1

Choose a lovable project.

2

Focus your energy on one skill at a time.

3

Define your target performance level.

4

Deconstruct the skill into sub-skills.

5

Obtain critical tools.

6

Eliminate barriers to practice.

7

Make dedicated time for practice.

8

Create fast feedback loops.

9

Practice by the clock in short bursts.

10

Emphasize quantity and speed.