# Learning to Learn

Week 2 Lesson 1: Illusions of Competence

* Reading and then recalling is far better than reading subject material alone
* Good strategy: Read, recall, read, recall
* Testing is a form of recall, definitely helps
* Recalling outside of the study environment is also helpful, as it ensures you are not picking up from subtle, subconscious cues in the environment
* Illusions of competence occur when you feel more comfortable and think you understand the material better purely because the book is open in front of you

Week 2 Lesson 1: What motivates you

* Acetylcholine affects focused attention
* Dopamine is released after unexpected rewards
* Serotonin is associated with social behaviour and risk taking

Week 2 Lesson 2: The value of a chunk library

* In for say learning a chapter, once you have “chunked” one concept, the following concepts are chunked in a progressively easier manner
* Transfer helps you apply concepts and patterns in one area to another, in order to help you learn and understand aspects of a new subject quicker

Week 2 Lesson 3: Overlearning, Chocking, Einstellung and interleaving

* Excessive repetition causes overlearning, which in some cases can be helpful to prevent chocking (eg 70hrs per 20 min TEDtalk) however can also cause Einstellung.
* Einstellung means “mindset” in German and refers to the phenomenon of someone getting stuck in a recursive thought pattern, when infact the solution relies on another thought pattern
* Interleaving, which means doing a range of problems, especially ones you find most difficult, is a technique that enables you to learn a range of techniques and attempt to prevent Einstellung.

Vital steps to building a chunk:

1. Focused attention
2. Understanding the basic Idea
3. Practice!