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Learning How To Learn- Key Takeaways

'Learning How to Learn' is a course that I believe should be taught in schools all across the world. Its many techniques and tips for, not only learning, but managing Pre-test stress and preparation for evaluations are invaluable information which I wish I knew beforehand. It has many techniques, such as the Pomodoro Technique and "Chunking" that are very interesting -yet effective- ways to study without burning yourself out, and to be able to actually retain the information you want and need to retain. It helps the viewer become aware that many times we *think* that we have learned or mastered some material, when in reality we are just fooling ourselves with "illusions of competence", and it gives the viewer great tips to beware of these illusions and not fall into their traps. In the end, Learning How to Learn has a lot of useful information that every student, or just active learner, can definitely use to their academic or learning advantage.