#### Upskilling as a skill



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Who am I? Accepting some truths Agenda Setting the framework The skills to learning Putting forth a plan

#### Who am !?

# Former independent contractor and technical trainer

#### On a personal level

# Accepting some truths

#### Learning is tough



## Changing existing beliefs is hard



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#### [There is] little empirical evidence to support [learning styles]

https://onlineteaching.umich.edu/articles/the-myth -of-learning-styles/ "

#### People can't multitask very well

Dr. Earl Miller
https://www.npr.org/2008/10/02/95256794/think-youre-mu
ltitasking-think-again

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### Praising children's intelligence harms their motivation and harms their performance

Dr. Carol Dweck

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#### 10,000 hours

Malcolm Gladwell

### Ensure we know what we know



# Setting the framework

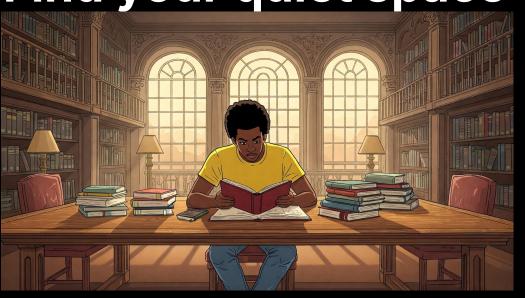
Technology for technology's sake is boring

## Why do you want to learn the thing?

## Do you need to learn the thing?

# The skills to learning

Find your quiet space



#### Find your community

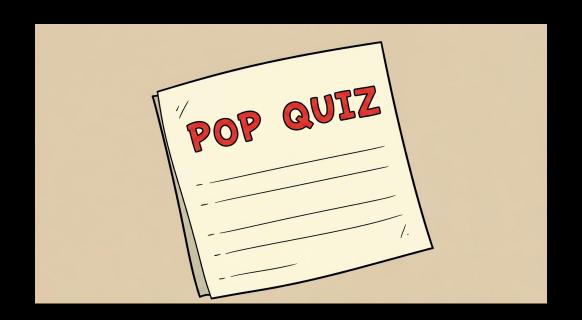


#### Find the connections



https://pmc.ncbi.nlm.nih.gov/articles/PMC2630138/

#### **Quiz yourself**



https://pmc.ncbi.nlm.nih.gov/articles/PMC6920642/

https://pmc.ncbi.nlm.nih.gov/articles/PMC5126970/

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#### If you can't explain it simply, you don't understand it at all

Someone, somewhere, probably

#### The power of the pen



### Two common diagrams

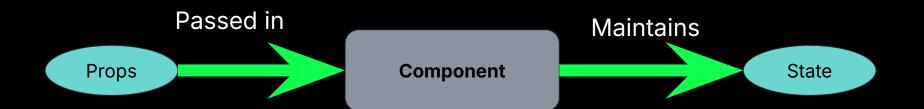
#### Venn diagram

Create circles to represent areas of overlap between concepts

#### Concept mapping

Chart connections between topics and subtopics

#### React component data



### Put forth a plan

### What do you want to achieve?

## Why do you want to achieve it?

#### What's your target?

#### Gather your toolset

#### Set touchpoints

#### You can do this!

### (7) Thank you

