

Learn to learn

Raju Gandhi

@looselytyped



Hard Skills

vs.

Soft Skills

“ You can practice shooting eight hours a day, but if your technique is wrong, then all you become is very good at shooting the wrong way. Get the fundamentals down and the level of everything you do will rise.

- Michael Jordan

Hard Skills

ALWAYS

BE

CONSISTENT

Soft Skills

READ

RECOGNIZE

REACT

HARD SKILLS

ARE THE KEY TO GREAT

PERFORMANCE

Entity Theorists

vs.

Incremental Theorists

“ It is good to have an end
to journey toward; but it
is the journey that
matters, in the end.

- Ernest Hemingway

Entity Theorists...

- * Focus on quick results
- * Think of skill to be a **fixed** entity
- * Link success & failure to an ingrained ability

Incremental Theorists...

- * Focus on the process
- * Think of skill as something that can be mastered, incrementally
- * Link success & failure to effort

Dreyfus model of skill acquisition

“ If you don't know where you are going, you'll end up someplace else.

- Yogi Berra

Dreyfus model

Expert

Proficient

Competent

Advanced Beginner

Novice

Context



Rules

Dreyfus model

Expert

Proficient

Competent

Advanced Beginner

Novice

Relevant
Focus



Considers
Everything

Be S.M.A.R.T

“ A goal is a dream with a deadline.

- Napoleon Hill

Be S.M.A.R.T

Specific

Measurable

Achievable

Relevant

Time-boxed

▲ S.M.A.R.T
Objective



S.M.A.R.T
Goal



S.M.A.R.T
Goal



S.M.A.R.T
Goal



S.M.A.R.T
Goal



Deliberate Practice

“ Never confuse motion
with action

- Benjamin Franklin

Deliberate Practice

Reach

Repeat

Stay Engaged

Find the **sweet** spot

Reach

Koans

99 Lisp Problems

Project Euler

Embrace repetition

“ I fear not the man who has practiced ten thousand kicks once. But I fear the man who has practiced one kick ten thousand times.

- Bruce Lee

Embrace repetition

- * Create a learning **play** environment
 - * Source Control
 - * Unit tests
 - * Automation

Be aware

SQR3

SQR3

Scan

Question

Read

Recite

Review

Notetaking

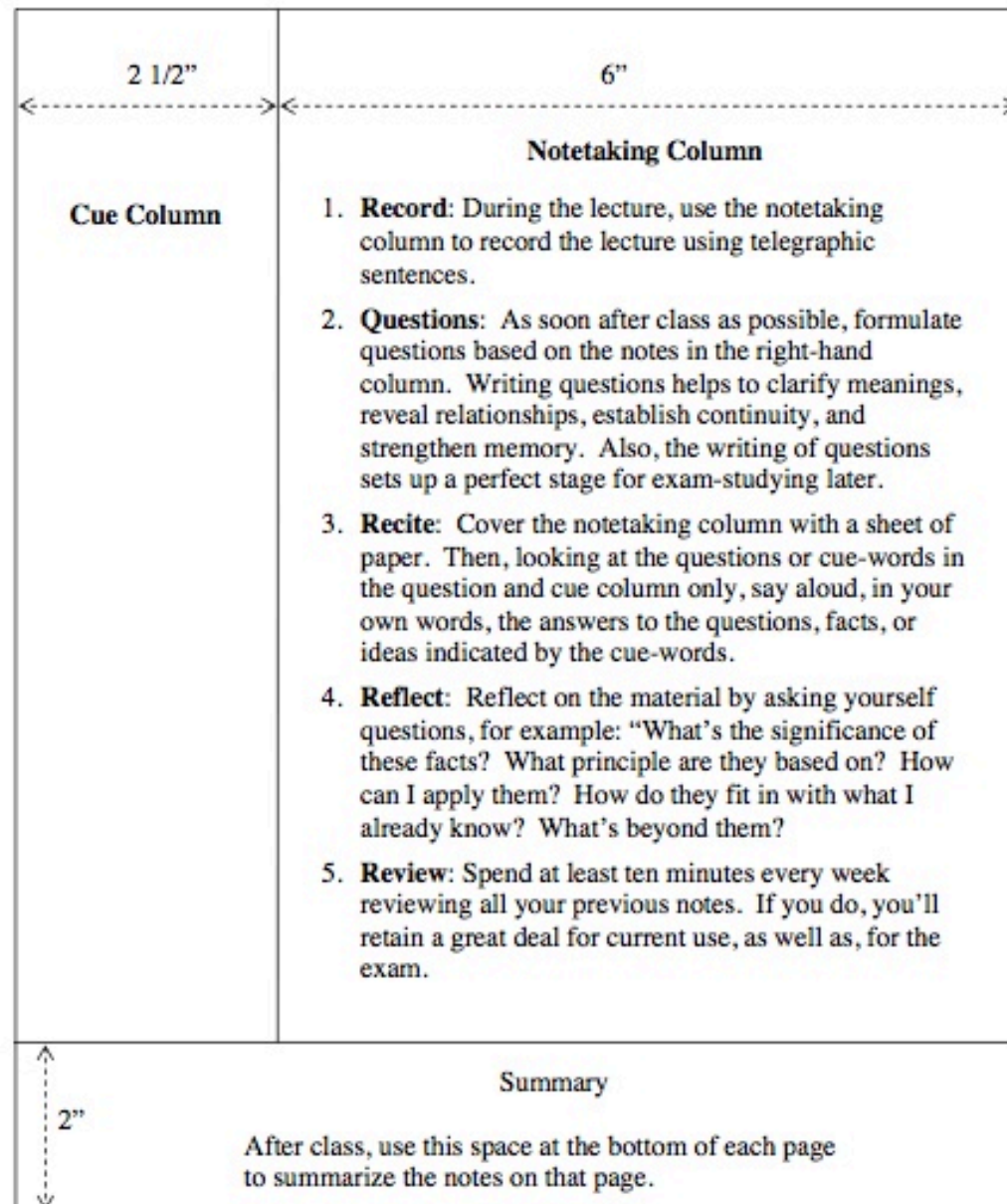
HAND WRITING

IS

KING

Hand writing

The Cornell Note-taking System



Adapted from How to Study in College 7/e by Walter Pauk, 2001 Houghton Mifflin Company

Hand writing

[] Todo

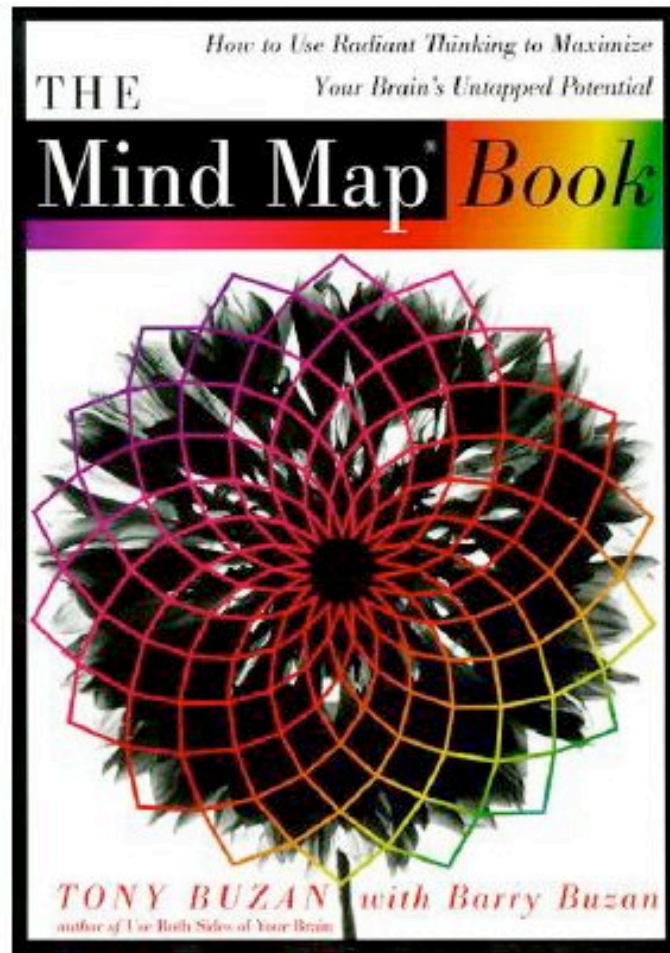
? Research further

! Important (!! , !!!)

💡 Idea/Insight

...

Mind maps



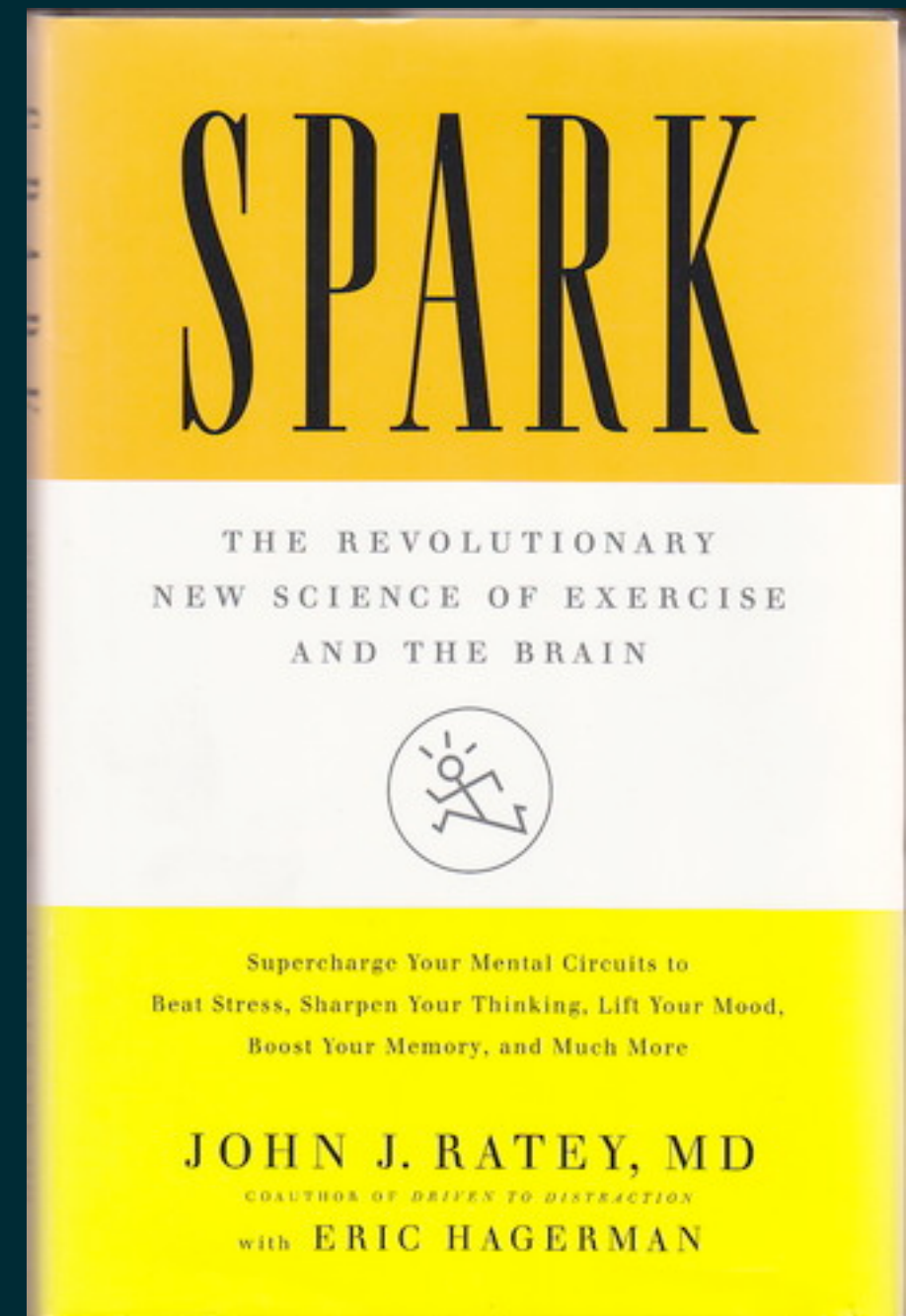
<http://www.amazon.com/The-Mind-Map-Book-Potential/dp/0452273226>

Exercise

“ Mens sana in corpore
sano

- Roman poet Juvenal

Exercise



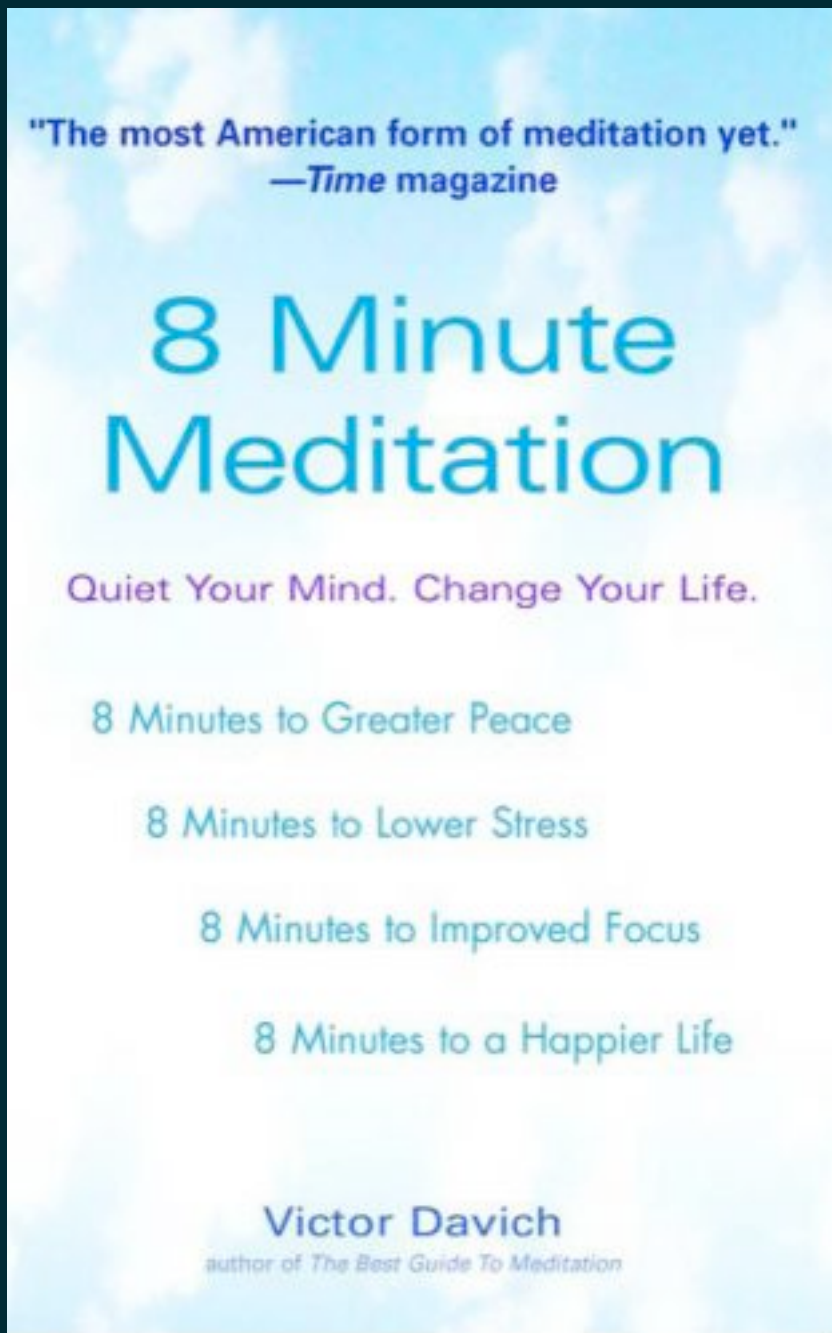
<http://ecx.images-amazon.com/images/I/510vh3Qi9hL.jpg>

Meditate

“ The mind can go in a thousand directions, but on this beautiful path, I walk in peace. With each step, the wind blows. With each step, a flower blooms.

- Thich Nhat Hanh

Meditate



<http://bit.ly/129kIBp>

In conclusion

- * Know where you are
- * Know where you want to be
- * Practice deliberately
- * Learning is **holistic**

“ The beautiful thing
about learning is that
nobody can take it away
from you.

- B.B. King

Thank you

Further Reading

- * Taking notes

 - * Geek to Live: Take great notes

 - * Keep a programming journal

 - * Mighty Notes

- * Mind mapping software

 - * Freeplane

 - * XMind

- * On Meditation

Resources

- * The Talent Code: Greatness Isn't Born. It's Grown. Here's How by Daniel Coyle
- * The Little Book of Talent: 52 Tips for Improving Your Skills by Daniel Coyle
- * Pragmatic Thinking and Learning: Refactor Your Wetware by Andy Hunt
- * The Art of Learning: An Inner Journey to Optimal Performance by Josh Waitzkin