

# Learning Tips

Tuesday, April 8, 2025

10:09 PM

## Learn how to learn:

1. go to diffuse mode whenever you're stuck
2. do podomoro technique
3. do exercise
4. tests yourself
5. recall
6. practice
7. repetition and feedback

## Focus vs Diffuse Mode

- Think of focused mode as a bright light that shines directly on the most important information connections subconsciously. Instead of only activating the prefrontal cortex, the mind is active throughout the brain.

**Bottom line:** alternate between focus and diffuse mode. When solving a new problem, focus mode, then diffuse, then bring the new ideas back into focus mode. Rinse & repeat.

Solution to procrastination: pomodoro technique - goal is to "work with focused attention for 25 minutes"

Tradeoffs in personal traits:

- Low memory -> more creative
- Slow thinker -> deeper experiences and less jumping to conclusions

## Beating the Illusion of Competence: How to Learn Most Effectively

1. Exercise - practice on a daily basis
2. Tests - tests all the time, mini tests, flashcards in math and science, mentally check yourself
3. Homework - do this several times over several days until the solution flows naturally from you
4. Recall - instead of highlighting/rereading, look at a page, look away - and then see how much you can recall
5. Understanding  $\neq$  mastery!! - needs to be combined with practice and repetition to reach mastery

The XY Problem: asking about adjacent problem Y when the actual issue is X. Inefficient. Just ask about X.

ation. The diffuse mode allows us to make  
allowed to wander freely and connections can occur

mode until you're stuck, then let your mind rest and

25 minutes, then practice relaxation for 5minutes"

elf  
your mind  
much you can recall  
ch mastery

ask about X instead.

## How to ask technical questions? ([https://www.theodinproject.com/guides/community/how\\_to\\_ask\\_questions](https://www.theodinproject.com/guides/community/how_to_ask_questions))

1. Provide context
2. When asking a question it is essential to provide your code, error message, terminal commands, and lines to share, you should use an external service:
  - [CodePen](#) for basic HTML/CSS/Javascript
  - [Replit](#) for Javascript/Ruby
  - [CodeSandbox](#) for Webpack/React
  - [Pastebin](#) for error messages or server output
3. Explain the problem
4. Describe what solution is expected
5. Summarize what you have tried so far (ties into 2.)

Rubber Duck Programming: carrying around a rubber duck (in my case, probably my copybara) and explaining the problem concept by concept, to the duck

- Break the problem down into pieces until you figure out what is holding you back

How to use Google search to solve coding questions: <https://old.codinginflow.com/google-pro>

[to ask\)](#)

mand, server output, etc. If you have more than a few

and debug code by explaining the issue, line by line,

[programming-questions](#)