

# Learning & How to learn fast

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## What is learn?

## WHAT IS LEARN

**Learning** is the process of acquiring new knowledge, skills, or behaviors. It can be a formal or informal process, and it can happen throughout our lives.





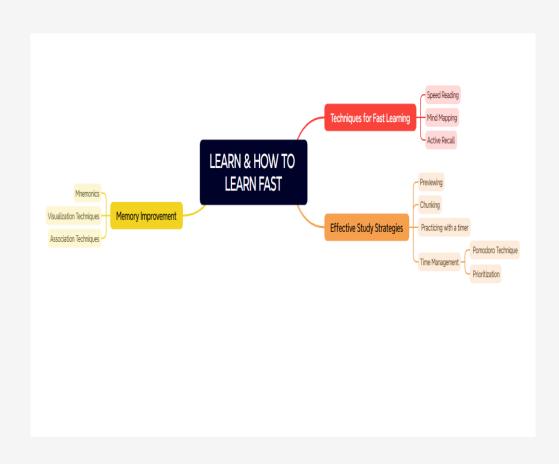
# Are we learn in the right way?

#### ARE WE LEARN IN THE RIGHT WAY?

**The learning method:** Traditional rote memorization might work for acquiring some basic facts, but for deeper understanding and long-term knowledge retention, it is not efficient. Memorizing for an extended period is not effective



Method for learning fast

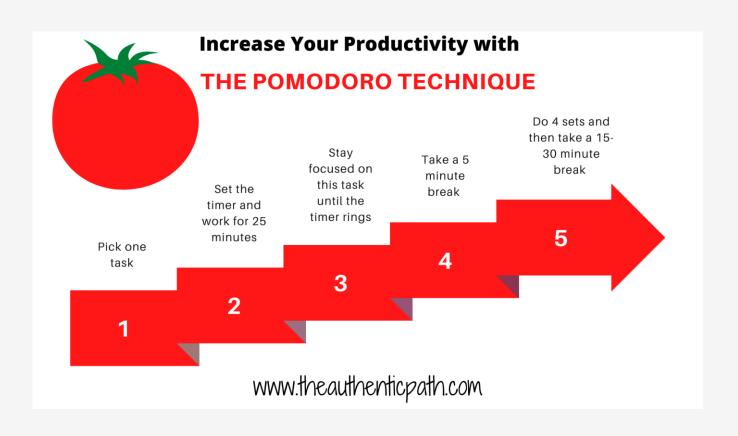


Using a mind map to note key points



#### **Spaced Repetition:**

- Repeated exposure to information at increasing intervals.
- Optimizes recall by reviewing content just before it's forgotten.
- Adjusts timing based on individual mastery, enhancing long-term retention.
- Efficiently targets weak points, minimizing time spent on mastered material.
- Supported by research for effective and personalized learning.





#### **Teaching Others:**

- Explaining concepts to someone else reinforces your own understanding.
- Enhances retention through the process of articulating and teaching information.
- Promotes a deeper level of comprehension as you must convey ideas in a clear and concise manner.
- Creates an opportunity to receive feedback and correct any misconceptions
- in your own understanding.

## THANKS

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