



Learning & How to learn fast

WHY LEARNING IS IMPORTANT

1. Foundation for Growth:

- ❖ Learning is the cornerstone of personal and professional development.
- ❖ It provides the knowledge and skills needed to adapt, excel, and lead in various aspects of life.

2. Adaptability to Change:

- ❖ In a rapidly changing world, the ability to learn allows individuals to adapt to new circumstances and challenges.
- ❖ Those who embrace continuous learning are better equipped to navigate uncertainties.

3. Enhanced Problem-Solving:

- ❖ Learning fosters critical thinking and problem-solving skills.
- ❖ It empowers individuals to analyze situations, generate innovative solutions, and make informed decisions.

TYPE OF LEARNING

Active Learning

Getting your hands dirty with learning - it's about doing things, participating, and engaging in activities that make the learning experience more interactive and memorable.

Passive Learning

A way of teaching and learning that makes you listen and read the material **without much interaction or feedback**. It often leads to a shallow understanding of the key concepts and a poor recall of the information.

=> Both type of learning will be suitable depend on different context

ACTIVE LEARNING IN PRACTICE

- **Context:**

- ❖ Complex topics requiring deep understanding and skill development
- ❖ New skills needing practice and application
- ❖ Topics where critical thinking and analysis are

- **Example**

- ❖ Learning to play a musical instrument :

Practicing playing the instrument yourself, applying the techniques learned in the videos, experimenting with different sounds and rhythms, and receiving feedback from a teacher or mentor (knowledge application).

PASSIVE LEARNING IN PRACTICE

- **Context:**

- ❖ Acquiring basic knowledge or familiarizing yourself with a new topic.
- ❖ Refreshing existing knowledge or facts.
- ❖ Time constraints or limited resources for active engagement.

- **Example**

- ❖ Learning to play a musical instrument :

Watching video tutorials on how to hold the instrument, read music notation, or play basic chords (information acquisition)

IN CONCLUSION

Type of Learning	Context	Benefits	Examples
Active	Complex topics, skill development	Deep understanding, skill development, long-term retention	Hands-on workshops, practice problems, role-playing
Passive	Introductions, familiarization, time constraints	Basic knowledge, refresh existing skills	Lectures, documentaries, podcasts