




MADE BY KHOI NGUYEN

How To Learn And Learn Fast

“Learning is not supposed to be easy and if it’s hard you’re doing something right.”



About me



My name is Khoi Nguyen(Ryan). I am currently a senior student majoring in Computer Science at Ton Duc Thang University.

In addition to my studies, I also work as a part-time teacher at Teky Academy. It's a role that allows me to share my knowledge, inspire curiosity, and contribute to the growth of young learners.

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01 Introduction

Importance of learning how to learn



Why we need learn how to learn ?



- **Learning how to learn** is a **meta skill** that can have an **enormous impact on our lives** in everything that we do.
- **Spending time on meta learning**, such as researching how to **learn a skill before actually practicing it**, can **accelerate** the learning process.



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Tips how to learn faster

“Learning is not supposed to be easy and if it’s hard you’re doing something right.”

Tip 1: Five minute rule (activation resistance)

Using the 5-minute rule, **you set a goal of doing whatever it is you would otherwise avoid, but you only do it for a set amount of time: five minutes.**

If, after five minutes, it's so horrible that you have to accomplished. Done



Step detail 5 minute rule

1. Identify the Task

2. Set a Timer


3. Commit to 5 Minutes

4. Dive into the Task

5. Assess Progress

6. Decide to Continue or Stop

Now, you have a choice. If you're in the flow, consider continuing beyond 5 minutes. If not, acknowledge the effort and decide on the next steps.



Tip 2: Test yourself (Active Recall)

- Testing ourselves through active recall is crucial for learning anything, and can be applied not just in studying but in any area of learning.
- Active recall or retrieval practice is a counter-intuitive way of learning, where we learn by trying to take stuff out of our brains instead of putting stuff in.



How to practice active recall

01

You must identify the problem

02

Self-solving

03

Reflect

How to practice active recall

Step 1: You must identify the problem

Identify conditions that still exist after reading or studying a lesson or perhaps an issue that you still have questions about or do not understand during the learning process.



How to practice active recall



Step 2: Self-solving

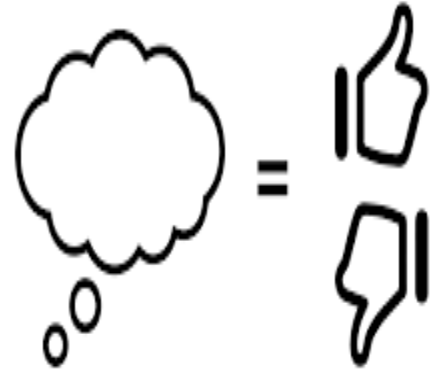
"Self-solving" can be self-presenting a newly learned knowledge through mind maps, writing, or drawing.

It is also possible at a higher level to find related documents to demonstrate the problem in the lesson, without looking at the notes or explanations of the problem that the teacher taught you at school. .

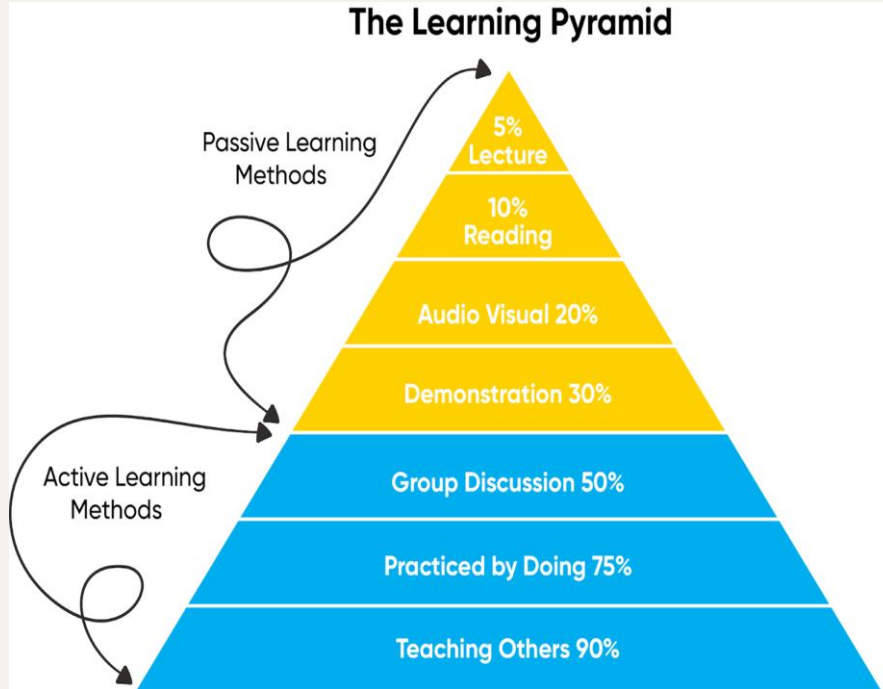
How to practice active recall

Step 3: Reflect

Review the content you have **collected** and solved for the selected problem, **comparing it** with the knowledge presented in the textbook. Compare and write conclusions about what you have just done, what has been achieved and what needs to be improved.



Tip 3: Teach someone else.



- A good way to assess your knowledge before a test is to teach the material that will be tested to someone else.

-In addition to the benefits for the person you are helping, there are several benefits for yourself.

Experience After Applying This Method

1. Actively teaching others has sharpened my ability to explain complex concepts with clarity. The process of breaking down information for others deepened my understanding.
1. Teaching not only reinforced my knowledge but also boosted my confidence.





03

Benefits of learn faster

Benefits of learn faster

01

Time Optimization

Accelerating the learning process enables efficient use of time, freeing up valuable hours for additional pursuits and personal growth.

02

Increased Productivity

Quick learning translates to heightened productivity, allowing individuals to accomplish tasks with greater efficiency and effectiveness.

Benefits of learn faster

03

Enhanced Confidence

Mastering the skill of learning faster instills a sense of confidence, empowering individuals to approach new subjects or challenges with assurance.

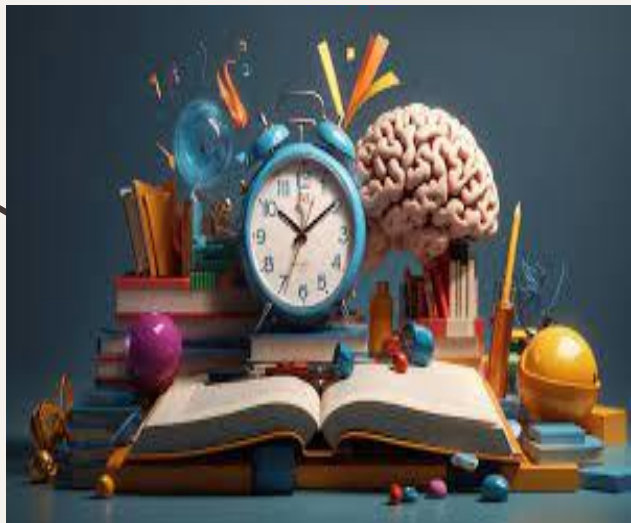
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Continuous Self-Development

Learning faster is a catalyst for continuous self-development, empowering individuals to stay ahead in their fields and embrace lifelong learning.

04

Conclusion



The importance of learning: Learning is an important process in everyone's life, helping us to develop ourselves and achieve success.

Effective fast learning methods: There are many effective fast learning methods, including many methods. But you should find your best method match with your study style.

The benefits of fast learning: Fast learning brings many benefits to us, including helping us to succeed in studies and work, adapt to the changing world, and expand our knowledge.

Thanks

Do you have any questions?

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