



INSTITUTE OF
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LEARNING TO LEARN



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LEARNING TO LEARN

- Three ways to set your mind to learn
 1. Are you teachable?
 2. Thought vs Action
 3. Hierarchy of Competence
 4. Methods for Integration



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BEING TEACHABLE

- The first step for learning is based on the students teachability
- How do you know if you are teachable?
- Ask yourself:
 - What is your willingness to learn?
 - What is your willingness to change?

BEING TEACHABLE

- How do you know if you have a high willingness to learn?
- Ask yourself, what am I willing to give up?
 - Is it Netflix? Facebook? YouTube?
 - What activities do you do that waste your time?
- How do you know if you have a willingness to change?
 - What are you willing to do differently to achieve your dreams?
- If you continue to think what you have always thought, you'll continue to get what you've always got.



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THOUGHTS VS ACTION

- Thoughts + Action = Success
- When you are learning or doing anything, thoughts precede action.
- Focus on how you think about the concept vs how to do it.
- When you get the thinking right the action comes with greater ease



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HIERARCHY OF COMPETENCE

- When we learn, we go through these four steps:
 1. Unconscious Incompetence
 2. Conscious Incompetence
 3. Conscious Competence
 4. Unconscious Competence

HOW TO GET TO STEP FOUR

- For anyone to get to unconscious competence generally we need to do these three things:
 1. Observation, watch someone do it
 2. Spaced Repetition, do it over and over again at spaced intervals. Five minutes a day is better than 45min once a week.
 3. Teach it, teach it to yourself, teach it to a family member, teach it to a peer

HOW TO GET TO STEP FOUR

- Repeat in a different way:
 - If you copy exactly what the teacher does, that's good
 - When you have the concept down good enough you can then change the process slightly and see if you get the same or better results
- Example learning a new word:
 - Magnanimous - generous or forgiving, especially toward a rival or less powerful person.
 - It was quite Magnanimous of the other team to buy us pizza after the game.
 - When I made the error at work my boss was surprisingly Magnanimous! He even bought me lunch the next day.



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METHODS FOR INTEGRATION

- Take notes
- Getting Information

HOW TO TAKE NOTES

- Write things down, typing is good for actual work, but when learning new information write things down.
- When you write, there are more neuropathways being developed in the brain then typing.
- Organize your notes in a $\frac{1}{4}$ and $\frac{3}{4}$ format

Concept	Data about the concept



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WHO DO YOU GET INFORMATION FROM

- There are three sources to get information
 1. A teacher
 2. A peer
 3. Your own research
- By creating your own knowledge, you integrate the concepts at a much deeper level than someone giving you the knowledge.