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Learning How To Learn- Key Takeaways

From completing the Coursera course "Learning How To Learn", I learned multiple key concepts of effective learning that I will apply to the Resilient Coders bootcamp and during my lifetime of learning afterwards. Despite the common idea that studying as hard as you can (or cramming) facilitates learning the study material, the course taught that taking breaks and entering the diffuse mode is an important method to let the subconscious process and better digest the material. The pomodoro technique involves concentrating for a fixed time (such as 25 minutes) and giving yourself a 5 minute break, which allows the mind to rest and the subconscious to make conceptual connections in the background. Exercising and socializing are excellent ways to clear the mind, allow diffuse learning, and prepare the mind for more focused learning. The importance of sleep in clearing the minds of toxins and allowing the mind to enter the diffuse mode was also discussed in the course. Chunking, or grouping thoughts into conceptual categories, allows the mind to more easily store and process material and also makes it easier to obtain a deeper understanding to form between complex ideas. The virtue of perseverance to master material in contrast to being innately intelligent was also a helpful concept to be reminded of. During the bootcamp I will have sessions of focused periods of learning to code with short relaxation intervals. Before sleeping I will read over material I am struggling to digest, so that during sleep my subconscious can work on understanding difficult concepts. I look forward to using these techniques during the course and during my lifetime of learning.