

COVER LETTER

This project has made me understand better the illusion of competence, procrastination and the learning methods to overcome them.

This project also addresses topics like procrastination, illusion of competence and ways to overcome them from the course.

TIPS TO OVERCOMING PROCRASTINATION AND THE ILLUSION OF COMPETENCE

WHAT IS THE ILLUSION OF COMPETENCE?

The illusion of competence occurs when one believes they have learned something but they have not. For example a student may perform well on a test and believes they have mastered the topic.

CAUSES OF THE ILLUSION OF COMPETENCE

The illusion of competence occurs as a result of incorrect learning. Each time we learn something new, our brain stores it in two different areas: the working or short-term memory and the long-term memory.

The short-term or working memory stores information you just learned while the long-term memory is like a warehouse that works in aiding long-term retention and recall. Not all the things stored in the working memory are transferred to the long-term memory and this is where practicing becomes important and essential.

Those under the illusion of competence feel once they have learned something it sticks with them which is not always the case especially if the information has not been transferred to their long-term memory.

LEARNING METHODS TO OVERCOME THE ILLUSION OF COMPETENCE

1. DELIBERATE PRACTICE

This involves focusing intently on the parts of the problems that are more difficult to you. Space out study sessions with smaller bits of information to master in each session

2. RETRIEVAL PRACTICE

This is a strategy in which bringing information to mind enhances and boosts learning, it is an approach to learning that involves retrieving ideas from your own mind. This method strengthens the links between neurons in long-term memory and boosts conceptual understanding

3. RECALL WHAT YOU HAVE LEARNED

This is a technique where after reading the material, you look away and see what you can recall from the material you just read. Deliberately recalling information forces you to pull your knowledge out and examine what you know.

4. REFLECTING ON WHAT YOU HAVE LEARNED

Thinking about how you can apply the knowledge you gained and practical ways to apply what you have learned will benefit your everyday life .

Reflecting can help you apply what you have learned in one area to other unrelated areas, sitting quietly on what you have learned is a good practice.

5. IMPLEMENT WHAT YOU HAVE LEARNED

Applying your knowledge to a situation, problem, experience or event is important, you will benefit from turning your knowledge into action by actually practicing what you have learned in your everyday life.

6. SHARE WHAT YOU HAVE LEARNED

When you share and discuss what you have learned you are helping your brain pay attention. You are reinforcing what you have learned and you are less likely to forget the lesson.

7. PRACTICE SELF – TEST

Testing yourself helps you retain what you just learned. It also enables you to remember key points to use as a base and this enable you to learn more.

Testing enables you know areas you are having difficulties remembering so you can focus more on those areas. Testing yourself also deepens your understanding and long-term retention of the information and this helps you assess what you have retained through studying.

WHAT IS PROCRASTINATION?

Procrastination is the action of postponing something, that is putting outside what you are supposed to do now for later.

FACTS ABOUT PROCRASTINATION

1. Procrastination can be triggered by feelings of discomfort involving something you did rather not be doing, discomfort that can actually show up in the brain as feeling of physical pain.
2. Procrastination shares characteristics with addiction .

LEARNING METHODS TO OVERCOME PROCRASTINATION

1. Pomodoro Technique

This is a time management method that involves setting a timer to 25minutes , turning off interruptions and focusing on the task at hand, after the time is up you reward yourself with a short break .

2. Start early to allow plenty of time to master the subject material and to give yourself extra time on harder concepts
3. Pay attention for procrastination cues and remove yourself from environments that contains many distractions and procrastination cues.
4. Make a task list at night before going to sleep, this helps your zombie(subconscious process) to process the list overnight, making it easier to work on your tasks the next day
5. To prevent procrastination, avoid focusing on the product instead your attention should be on building process. Process relates to simple habits, habits that coincidentally allows you to do the unpleasant tasks that you need to be done.
6. Plan your working and quitting time
7. It is best to avoid procrastination by applying willpower to your reaction to procrastination cues. This is because willpower is actually a valuable mental resources and you do not want to waste it unnecessarily.
8. Spilt up your time into tackling small challenges. At the end of completing each small challenge give yourself a little reward

CITATION

1. Journal of personality and social psychology: Unskilled and unawares of it
2. American journal of pharmaceutical education: Using testing as a learning tools
3. Flashcards from Coursera: Learning how to learn.