



HELLO!

**My name is Luc**

**I'm 22 years old and now I'm Final-year student at  
Hutech University**

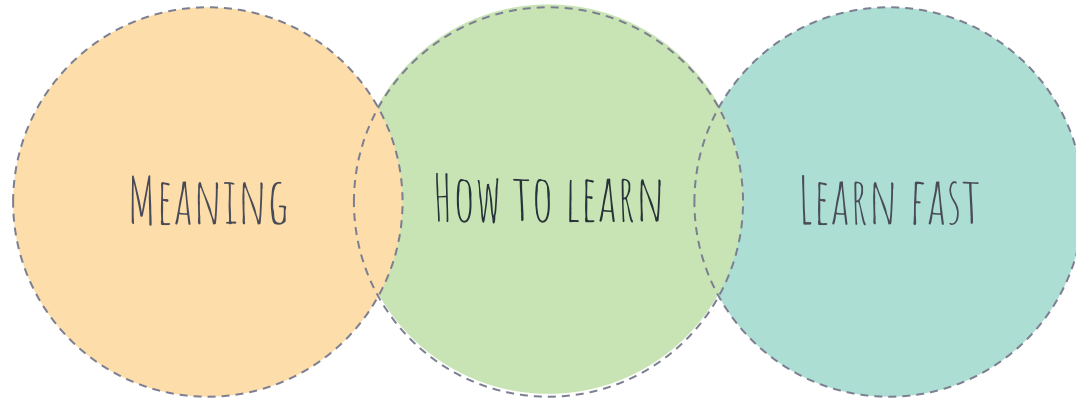
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# LEARNING



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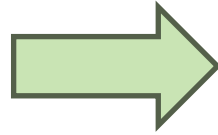
# MEANING

"Learning" in a concise term can be understood as the process of acquiring and assimilating new knowledge, skills, or information from various sources, experiences, or the environment



# HOW TO LEARN

Learning how to learn', is specifically crucial for developing independent learners, when the educators are no longer the main source of knowledge and information.



Some key ideas about  
How to learn

# HOW TO LEARN

Learning involves both focused and unfocused periods. To optimize learning, incorporate breaks, meditation, and alternating between focused and diffuse modes. The Pomodoro technique, with 25 minutes of work followed by a 5-minute break, is recommended for effective sessions.

**Diffused and  
Focused Mode**

# HOW TO LEARN

Dr Barbara Oakley believes that what we want to learn should be broken into solid chunks of smaller concepts. Here, the main objective is to learn in mental chunks and all the mental chunks serve as notable puzzle pieces.

**Chunking**

# HOW TO LEARN

Sometimes we feel as if we have “understood” a concept. For instance, during online courses, we may look at an answer and feel that we already know how to come to that solution.

These are the most common illusions Of learning. Underlining or highlighting the most important parts may also result in an illusion of learning. Instead of using these techniques, it is more beneficial to write brief notes summarising the key concepts in the lesson.

**Illusions of  
Competence**



# HOW TO LEARN

Dr Barbara Oakley highlights Dr Karpicke's analysis about retrieval practice to furnish scientific support for spending a few minutes to recall or summarise the topic we are trying to learn. It is an effective way to transfer something from short-term learning into long-term memory.


**Recalling**

# HOW TO LEARN

To avoid illusions of competence, it is suggested that we must use Bite-Sized Testing as mental tools to assess ourselves as we read new material. Mini-tests are amongst the most useful learning mechanisms that can be accomplished through recalling any concept. Even if we fail to pass this bite-sized testing, we must correct all the mistakes and solidify the learning.

**Bite-Sized Testing**

# HOW TO LEARN



What learning  
to learn  
techniques  
work best?

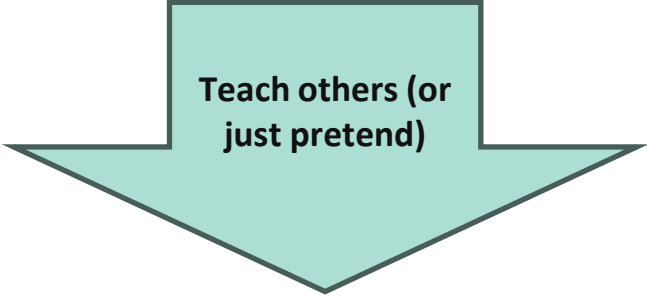
Depending on the learning task and the period of time available, there are numerous strategies and techniques to improve outcomes.



LEARN FAST



# LEARN FAST




**Teach others (or  
just pretend)**




The University of Washington in St. Louis states that if you imagine that you need to explain to someone else the material you are learning it can speed up your learning. This method lets your brain learn more efficiently than when you just have to take a test.

# LEARN FAST




**Make breaks.  
Refresh your  
brain!**




Researchers at the University of Louisiana advise taking 30-50 minutes to study new material. Shorter periods of time could not be enough, on the other hand, more than 50 minutes is already too much. Therefore, take breaks of 5-10 minutes. It is hardly possible to learn new material with a burning head.  
Take care of yourself, student!

# LEARN FAST



**Take notes by  
hand**



Taking notes on a laptop is usually faster, but using pen and paper helps you learn and understand the material better. Researchers at Princeton and UCLA have found out that when students take handwritten notes, they listen more actively and are better at recognizing important concepts.

# LEARN FAST

**Don't be afraid  
to take a nap!**

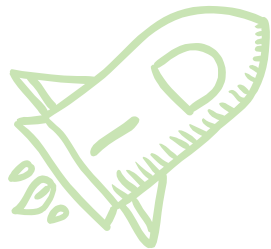
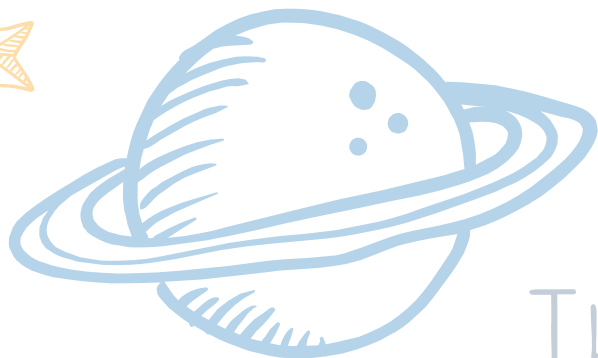
To remember what you have learned, it is crucial to periodically shut down. A study in the journal Psychological Science shows that sleeping in between classes helps to better remember the material



# LEARN FAST

**Use different  
study methods**

Researchers at Johns Hopkins University say that as you learn new skills, it's helpful to change the way you train them.



THANK FOR WATCHING