
How to learn fast ?

Rabbit and Turtle

Tables of contents

- 1. What is learning fast ?**
- 2. Learn quicker, remember longer**
- 3. How to learn fast ?**
- 4. Find your appropriate techniques**

Which one is faster ?



Who win the race?



— 1. What is learning fast?

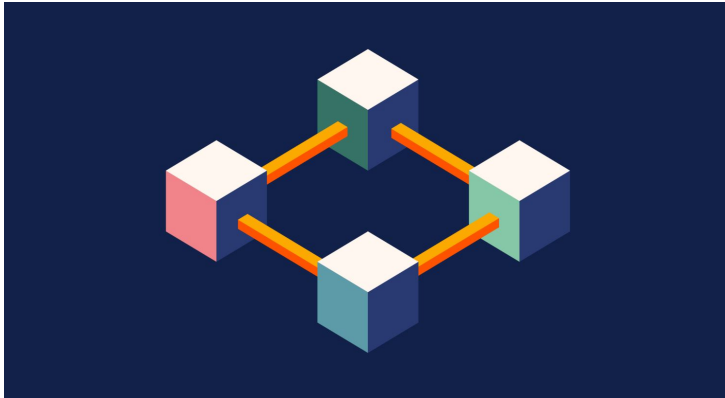
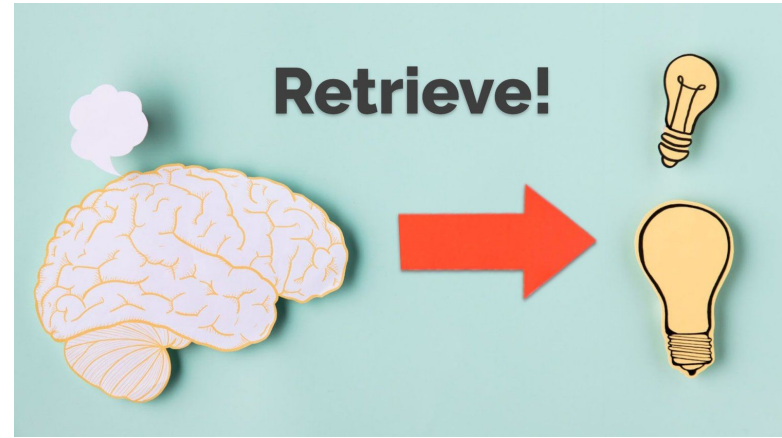
- **Process of acquiring knowledge, skills, behaviors**
- **It is occurred in various context**
- **Acquire new knowledge efficiently**



“Learn more, study less”

— 2. Learn quicker, remember longer

- Review and Reflect
- Practice retrieval
- Active learning
- Connect-the-dots



People remember:	People are able to:
10% of what they read	Define, List, Describe, Explain
20% of what they hear	
30% of what they see	Demonstrate, Apply, Practice
50% of what they see & hear	
70% of what they say & write	Analyze, Define, Create, Evaluate
90% of what they do	


Passive Learning


Active Learning


— 3. How to learn fast ?


Chatterbox
THERAPY


SMART GOALS

S **PECIFIC**
WHAT DO YOU WANT TO ACCOMPLISH? WHO NEEDS TO BE INCLUDED? WHEN DO YOU WANT TO DO THIS? WHY IS THIS A GOAL? 

M **EASUREABLE**
THE SUCCESS TOWARD MEETING THE GOAL CAN BE MEASURED. ANSWERS THE QUESTION—HOW? HOW WILL YOU KNOW IF YOU'VE SUCCESSFULLY MET YOUR GOAL? 

A **TTAINABLE**
GOALS ARE REALISTIC AND CAN BE ACHIEVED IN A SPECIFIC AMOUNT OF TIME AND ARE REASONABLE. DO THEY HAVE THE SKILLS REQUIRED TO ACHIEVE THE GOAL? 

R **ELEVANT**
THE GOALS ARE ALIGNED WITH CURRENT OBJECTIVES THAT ARE ALIGNED IN A SPECIFIC AREA; INCLUDE THE EXPECTED RESULT. WHY AM I SETTING THIS GOAL NOW? 

T **IME**
GOALS HAVE A CLEARLY DEFINED TIME-FRAME INCLUDING A TARGET OR DEADLINE DATE. MAKE SURE THEY DON'T GO ON FOREVER. 

SMART Goals



Practice hard !!!

4. Find your appropriate techniques

