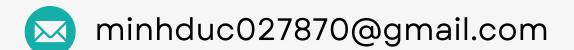
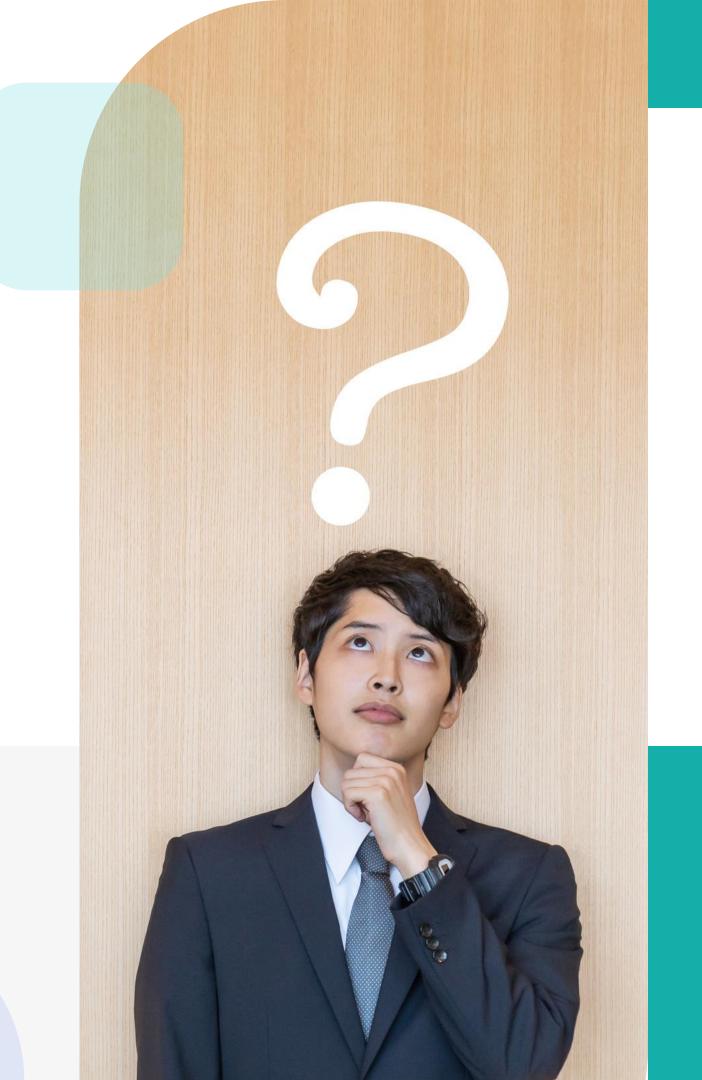
Phạm Minh Đức

CHALLENGE "O"

What's my current version?



https://www.linkedin.com/in/ducpm412/



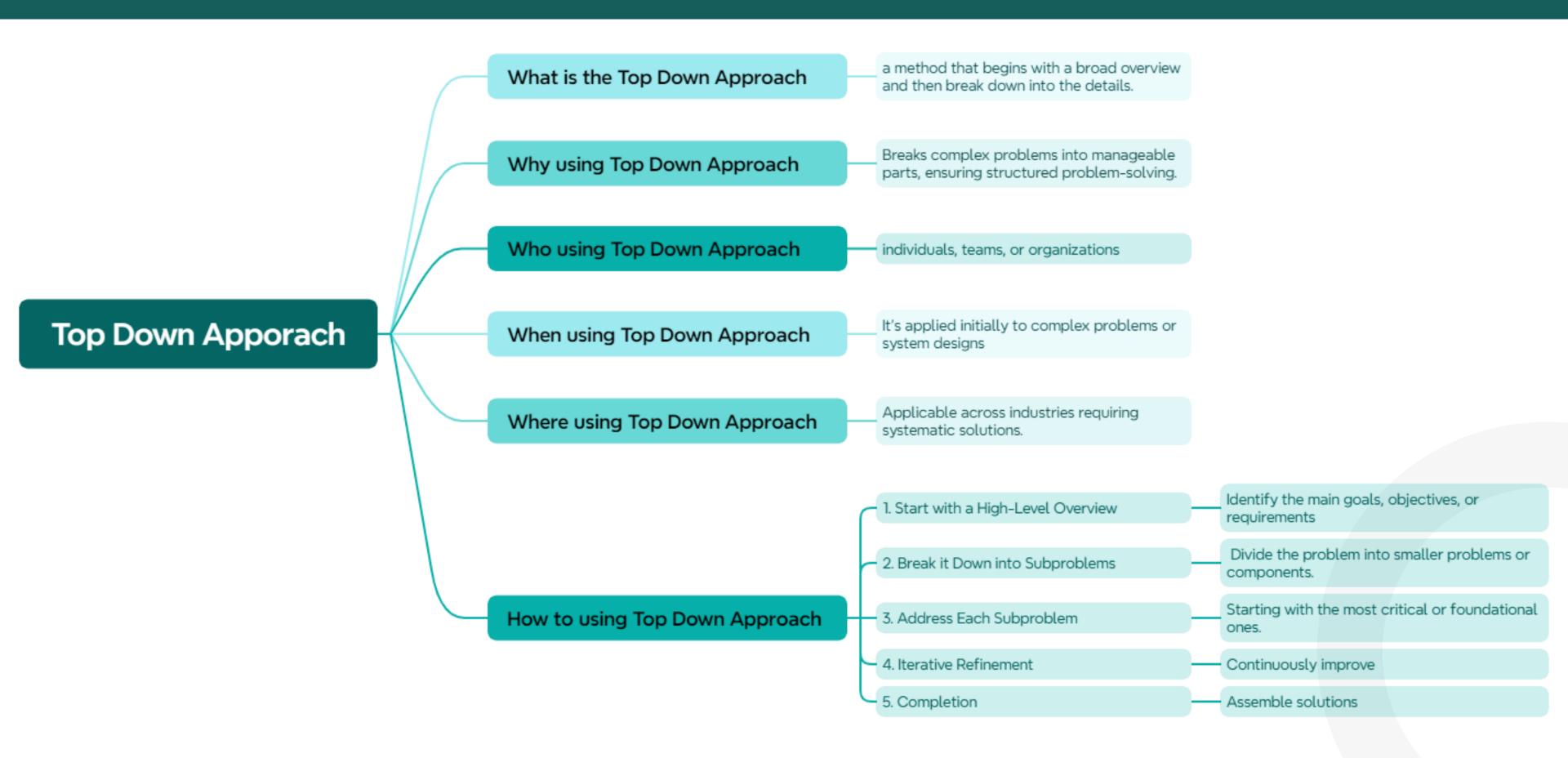


CONTENT

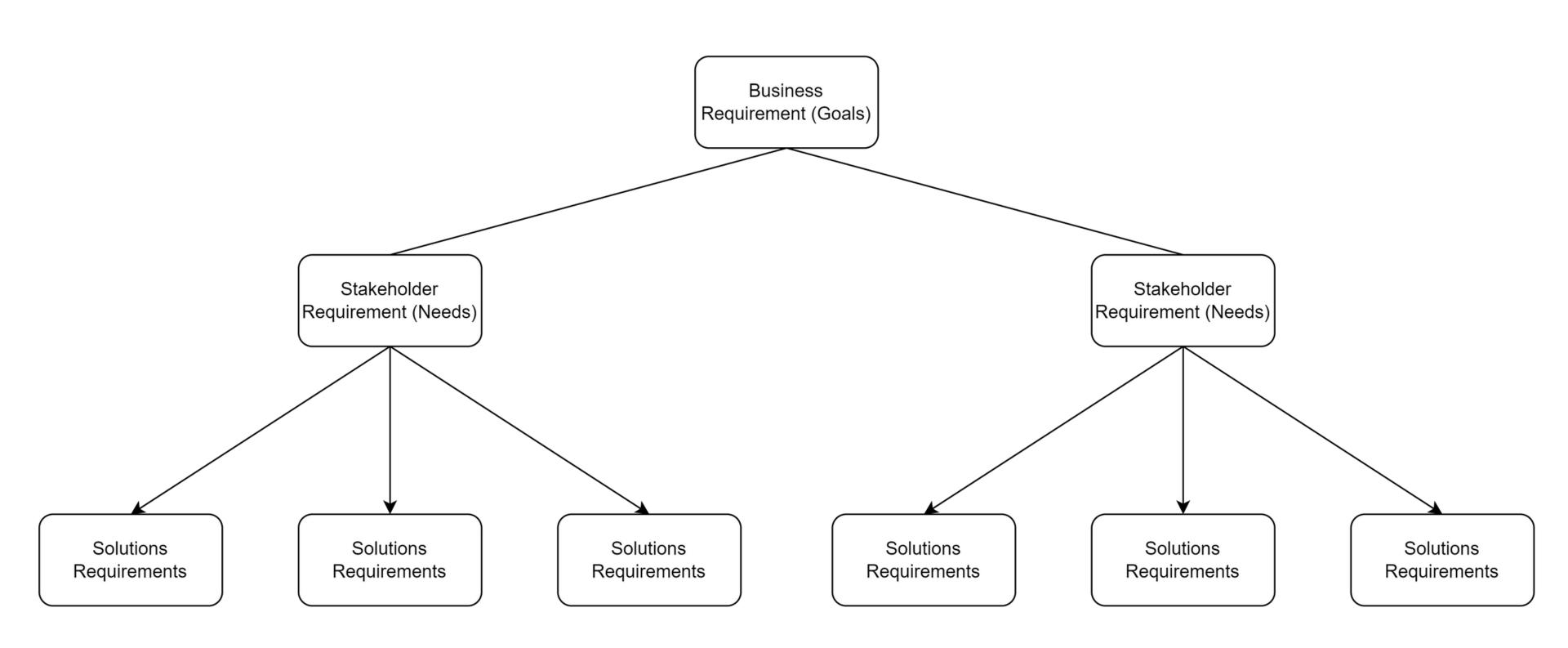


- What's Top Down Approach & How to appy it on assigment
- 02 Learning how to learn & learn fast
- 03 Autonomy at work
- What is smart question? How to apply it on daily basis/work

TOP DOWN APPROACH & HOW TO APPLY IT?



EXAMPLE: REQUIREMENT IN ELICITATION & ANALYSIS



LEARNING HOW TO LEARN & LEARN FAST

<u>"learn"</u>

verb UK /la:n/ US /la:n/ Learning is the process of gaining or acquiring knowledge of or skill in (something) by study, Relaxed state of mental activity experience, or being taught Characterized by open, free-flowing thinking DIFFUSE MODE Brain explores new perspectives Fosters creativity and insight Valuable for approaching complex problems differently State of concentrated attention and effort **Understanding Brain Modes** Directed towards specific tasks or concepts -Use phone less FOCUS MODE Brain operates within familiar pathways -Prioritize sleep 1.Attention Ideal for problem-solving and learning new -Excercise information -Have a focus point Balancing between focus and diffuse modes during learning -(Light) excercise 2.Alert Utilizing Brain Modes Learning how to learn Managing procrastination with the Pomodoro -Sufficient eating -Sleep to transform short-term memories in 3.Sleep the hippocampus->long-term memories in the How to learn fast Increasing our ability to both learn and to Do Exersice -Learning is like excercising, to get 'muscles' you need 4.Repetition and Spacing Test yourself regularly to reinforce learning and Test repeting it improve memory retention. **Effective Study Techniques** -Deep breaks (15 minutes) after learning to let The most effective technique is simply to look 5.Breaks brain recall the information Recall at a page, look away and see what you can recall. -Go for challenges, matches, competitions, or simply practice the thing you want to learn the 6.Mistakes Practice and repetition in a variety of gain mastery over what you're learning different way circumstances

AUTOMOMY AT WORK

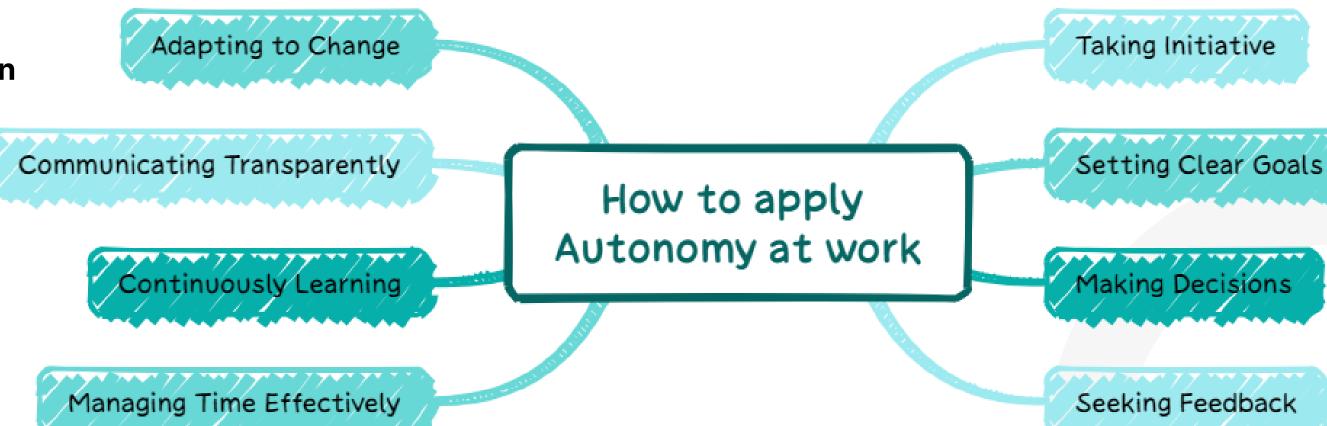
Defintion

As per Harvard Business Review, "Autonomy is a feeling of being in control and having a choice. When we have choices, we experience natural rewards of feeling positive."

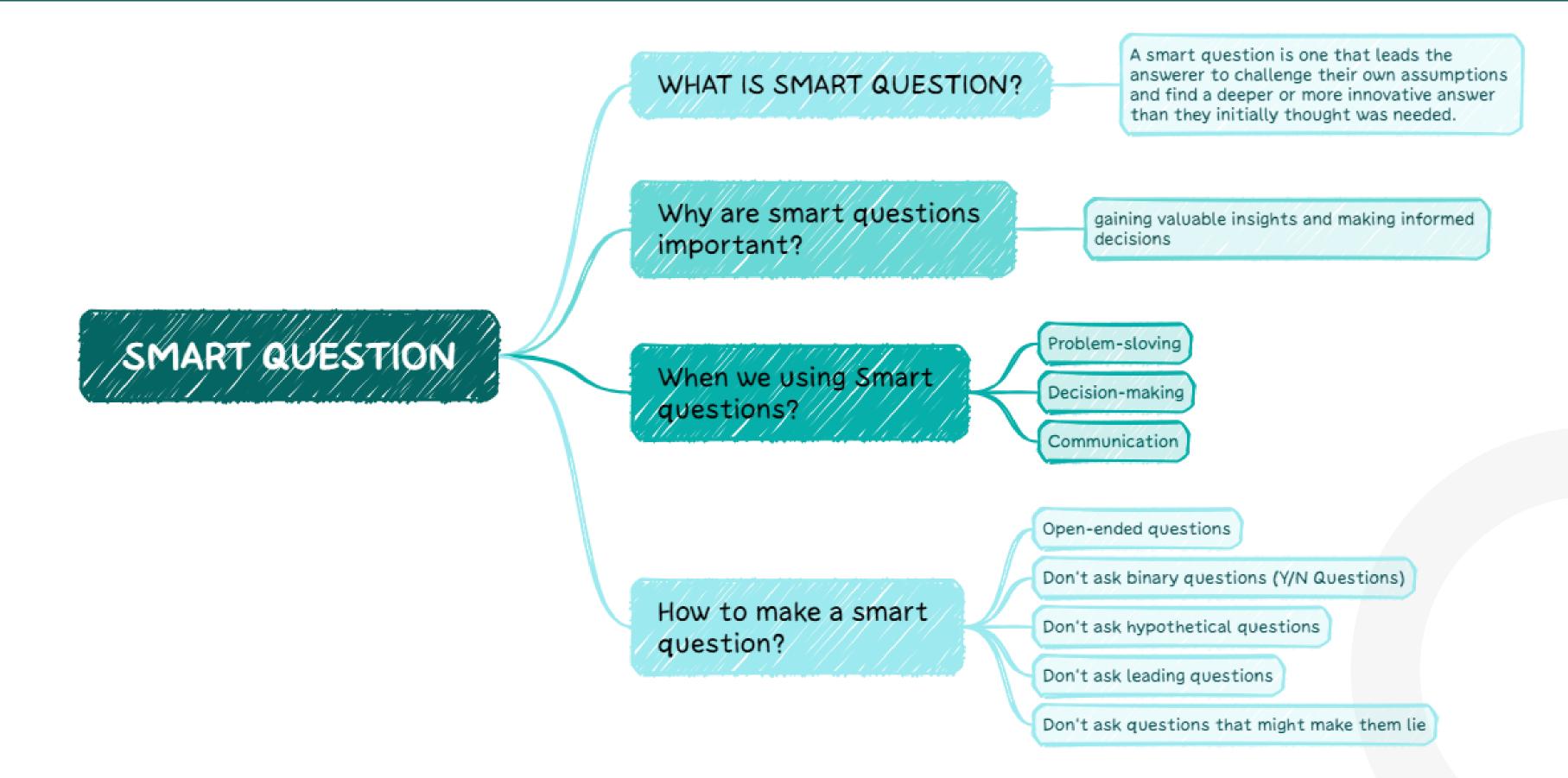
Autonomy at work means having the freedom and independence to make decisions, set goals, and manage tasks without constant supervision from superiors

Benefits

- Increased Motivation
- Higher Job Satisfaction
- Enhanced Creativity and Innovation
- Improved Performance
- Better Work-Life Balance
- Greater Employee Retention



WHAT IS SMART QUESTION & HOW TO APPLY IT



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- 5. <u>Autonomous Work–How to Create a Culture of Low Authority and High Accountability</u>
- 6. Employee autonomy at work: The catalyst to effective employee engagement
- 7. What is an intelligent question?
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THANKYOU

FOR YOUR ATTENTION

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