

EN_23544578 Is It Possible to Master All Behaviour Through Learning?

I do believe that almost any behaviour can be learnt. However, it is hard to master an ability, especially very complex and difficult tasks. Running, for example, is something most of us can do easily. Can I run as fast as Usain Bolt though? No, that is probably impossible for me. Also, there are things we simply cannot learn, because of our physiology, like breathing underwater. Besides that, what does master even mean? It sounds a bit like there is an end to an ability, a goal to reach. It could also mean that every person has their own way of mastering an ability. If we were to go with the latter, I could master running, but I would probably still be slower than an Olympic medallist.

When we learn something new, it takes a lot of practice, to become truly good at it. Practice is doing something repeatedly over time. As a toddler, we learn how to count, which is still considerably easy. Once we understand counting, we are confronted with harder mathematical operations, like adding and multiplying. At some point, we learn how to analyse and interpret graphs and functions. How well we find the correct solution, depends on how much practice we put into it. If we only skim the material, without doing any of the exercises, chances are, we will have a hard time recalling crucial information about the topic. This shows that the complexity of a task and the time, one needs to put into practice, go hand in hand. If it is something simple, like counting, we get good at it quite fast. However, something like statistics might take us a lot longer to grasp and understand.

Lastly, I believe that external factors and one's own will heavily influence our learning process. As said before, it takes time to master complex behaviour. One does not only need time though, but good health, a supportive social environment, and a disciplined mindset. There is a lot of things going on in the world right now, and sometimes, we forget to cater to our most obvious needs. A good night's sleep, a balanced diet, a workout every other day, and so on, are all things we need to function in a good manner. Also, our relationships play a big role in our learning performance – getting our growth acknowledged by someone close to us, can boost our motivation to keep going and practice more. However, if we do not believe that we can learn it, we hinder ourselves greatly.