

Learning How to Learn

Powerful Mental Tools to
Help You Master Tough Subjects

A Coursera MOOC created by
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or...

How to avoid flunking out of college

- ... like I did (three times)
- Please learn from my mistakes.

How NOT to study

- Stay up all night studying for a test the next day, expecting to learn new material.
- Wait until the last minute so you have to stay up.
- Spend your study time on Twitter or reddit. (Call it “research” when someone asks what you are doing.)
- Don't keep track of the time you spend studying. You will know when you have done “enough.”
- Planning ahead is a waste of valuable time. You are smart enough that you can learn anything in a very short time.

Do This Instead

- Get enough good sleep.
- Exercise.
- Keep a study journal.
- Plan your weeks and days.
- Eat your frogs first.
- Use spaced repetition.
- Use a pomodoro.
- Be patient.