

# JOURNEY TO YOUR BEST

CHALLENGE 0

LEARN & HOW TO LEARN  
FAST

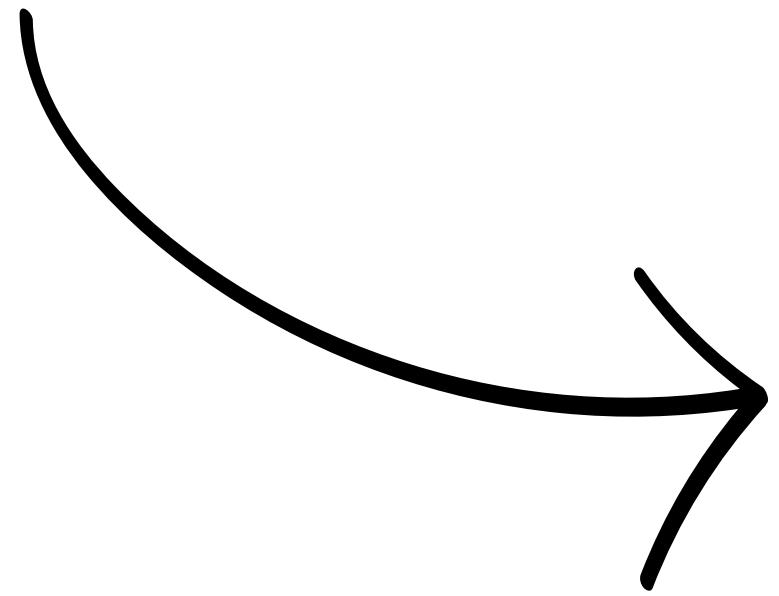


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## 1. What is Learn?



To gain knowledge or acquire skills through experience, practice, or exposure to new information.

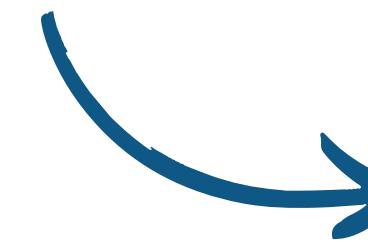
# 1. What is Learn?

	Learn	Study
Scope	Diverse knowledge through varied experiences.	Intentional knowledge acquisition effort.
Activities	Observe, experience, expose yourself.	Read, research, practice for understanding.
Approach	Natural ongoing process, everyday experiences.	A structured, intentional approach

## 2. Things should avoided during learning.



**Multitasking:** Dividing attention will affect learning.



Concentration helps understand and learn effectively.

## 2. Things should avoided during learning.

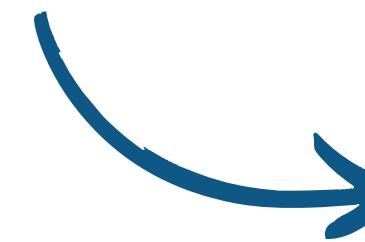


**Procrastination:** Delayed studying will cause additional stress, harming understanding and memory.

## 2. Things should avoided during learning.



**Skip the basics:** Skip the basics, fight later.



A solid foundation supports advanced learning.

## 2. Things should avoided during learning.



**Relies too much on memorization:** Rote learning cannot be understood.



Understand to have practical knowledge, not just to memorize.

### 3. How to learn fast

#### Method 1. Batching and Blocking:

Group tasks, focus periods for efficiency. Plan and organize time to enhance productivity and reduce stress.



### 3. How to learn fast

#### Method 2. Cornell Note

Method for effective note-taking.  
Divide paper, write main ideas,  
questions, and summaries for  
better understanding and recall.

#### CORNELL NOTES

- Main Idea
- Key Question  
(after notes are completed)
- Key words and ideas
- Important dates/people/places
- Repeated or stressed info
- Ideas or brainstorming written on the board or projector
- Info from textbook or stories
- Diagrams and pictures
- Formulas

Summary of your notes in your own words

### 3. How to learn fast

#### Method 3. 5-Minute Rule

Tackle small tasks instantly. Boost productivity by handling quick jobs promptly to prevent them from piling up.



### 3. How to learn fast

#### Method 4. Deadtime List

Utilize idle moments productively. Prepare a list of tasks for short breaks or waiting periods, making use of downtime efficiently.

**Ex:** waiting bus, coffee shop,...

#### Deadtime List

- Reading books, textbooks
  - Learn from YouTube Video
  - Review Goals
- .....

## 4. Tool for learning

### Tool 1. Microsoft OneNote

Digitally organize notes, jot ideas, create to-do lists, and draw diagrams. Enhance accessibility and manage information effortlessly for effective learning.

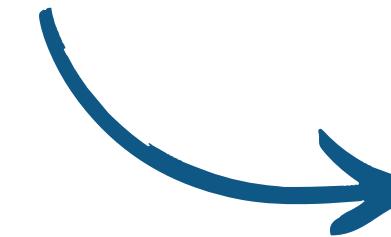


## 4. Tool for learning

### Tool 2. Anki (Active Recall & Space Repetition method)

Use Anki for memory improvement; recall information actively and review strategically with spaced repetition.

**Ex:** Operating System concept



The screenshot shows the Anki mobile application interface. At the top, there is a navigation bar with tabs: Decks, Add, Browse, Stats, and Sync. The Sync tab is highlighted in blue. Below the navigation bar, there is a question card with the text: "What defines a *critical section* in a program?". At the bottom of the screen, there is a text input field containing the answer: "Access (and perhaps modification) of shared data in the system."

## 4. Tool for learning

### Tool 3. ChatGPT

Chat with AI to find information quickly, get answers, and get answers, making learning and information retrieval easy.



**CHALLENGE 0**

**THANK YOU**



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