

# CHANGE 0

Learning how to learn  
and learn fast?

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# OVERVIEW

O1

What is learning and learning fast?

O2

Why do we need to learn fast?

O3

HOW TO LEARN FAST?



# 1 - What is learning and learning fast?

## What is learning?

"The process of gaining knowledge."

## What is learn fast

- Absorb knowledge quickly and effectively
- Grasp and apply information in a shorter amount of time



## 2 – Why do we need to learn fast?

Problem solving

Saving time

Adaptability

Competitive advantage





## 3 - HOW TO LEARN FAST?

- ★ Set clear goals
- ★ Simplify information
- ★ Healthy
- ★ Memory Techniques
- ★ Using AI and tools
- ★ Apply the Knowledge
- ★ Prioritize Key Information



# Set clear goals

KNOW WHAT THE MEANING OF  
YOUR LEARNING IS AND HAVE  
CLEAR, SPECIFIC GOALS.





# Set clear goals





# Healthy

Health can significantly impact the ability to learn quickly.

Several aspects of health, both physical and mental, play crucial roles in cognitive functions and the learning process.

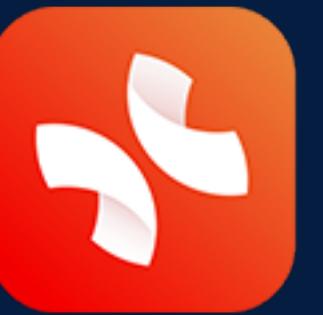
>>> GOOD HEALTH GOOD LIFE





# Using AI and Tools

AI and tools can significantly support and enhance the learning process, offering various benefits.



**xmind**



**ChatGPT**





# Prioritize Key Information

- Identify the most important concepts or information.
- Focus on understanding the core material before delving into details.

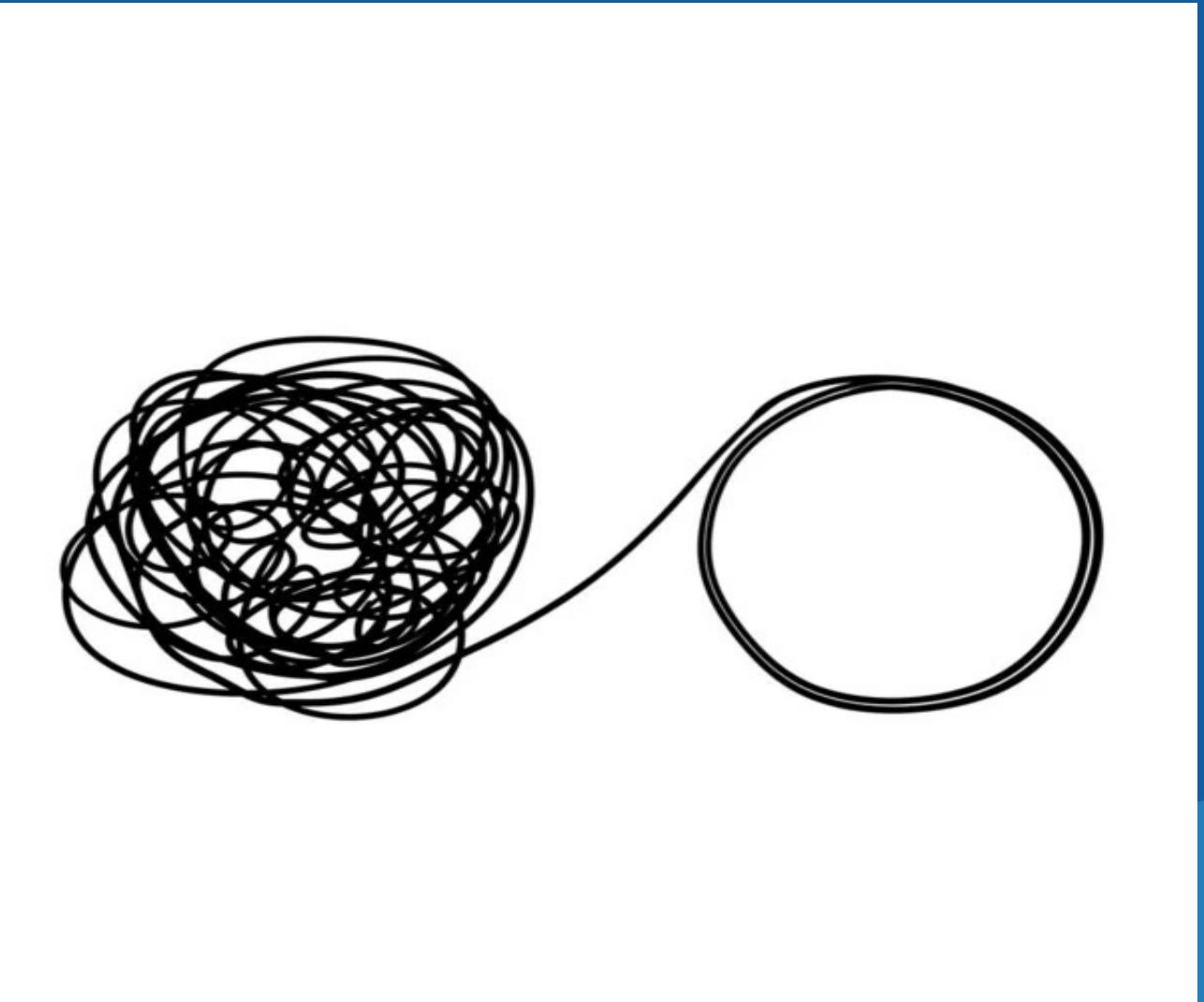


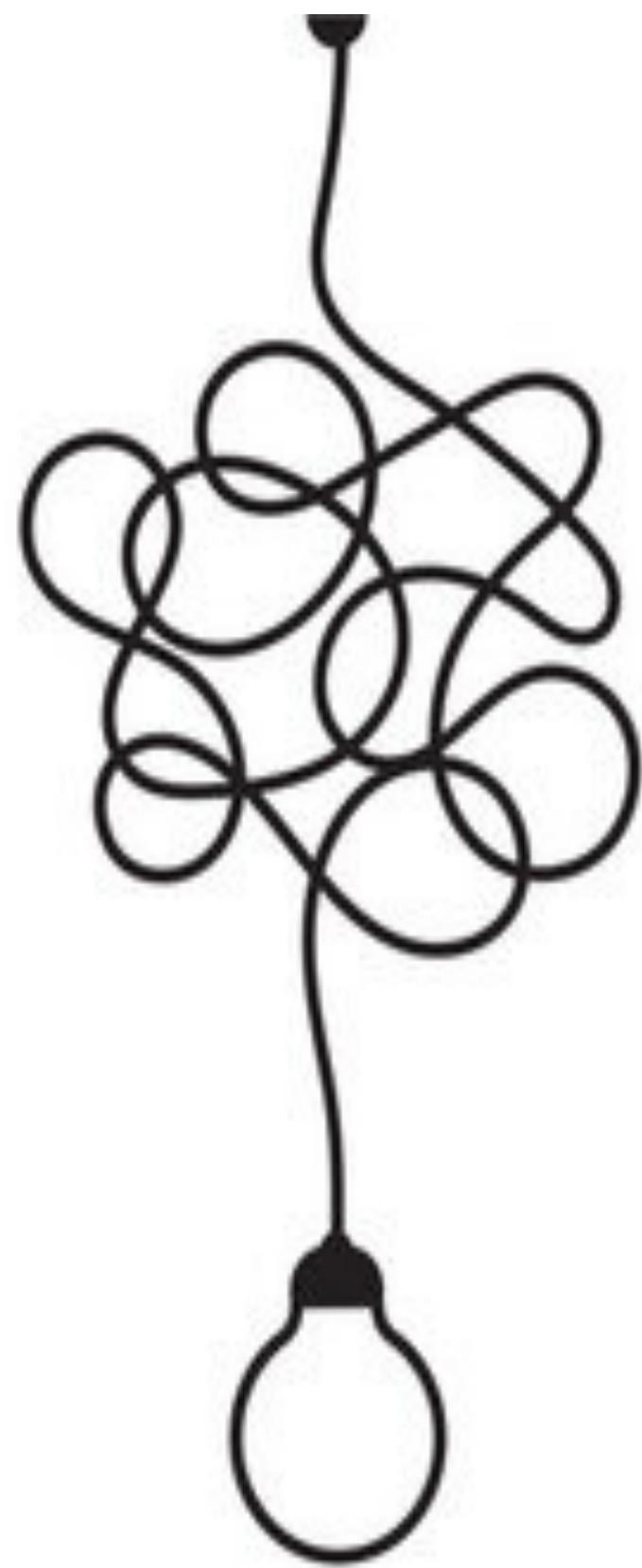


# Simplify information

- After collecting the necessary information and understanding the main content, I will simplify the information by eliminating unnecessary content and rewriting them as simply as possible.

Besides, use clear language and arrange content that is easy to understand.

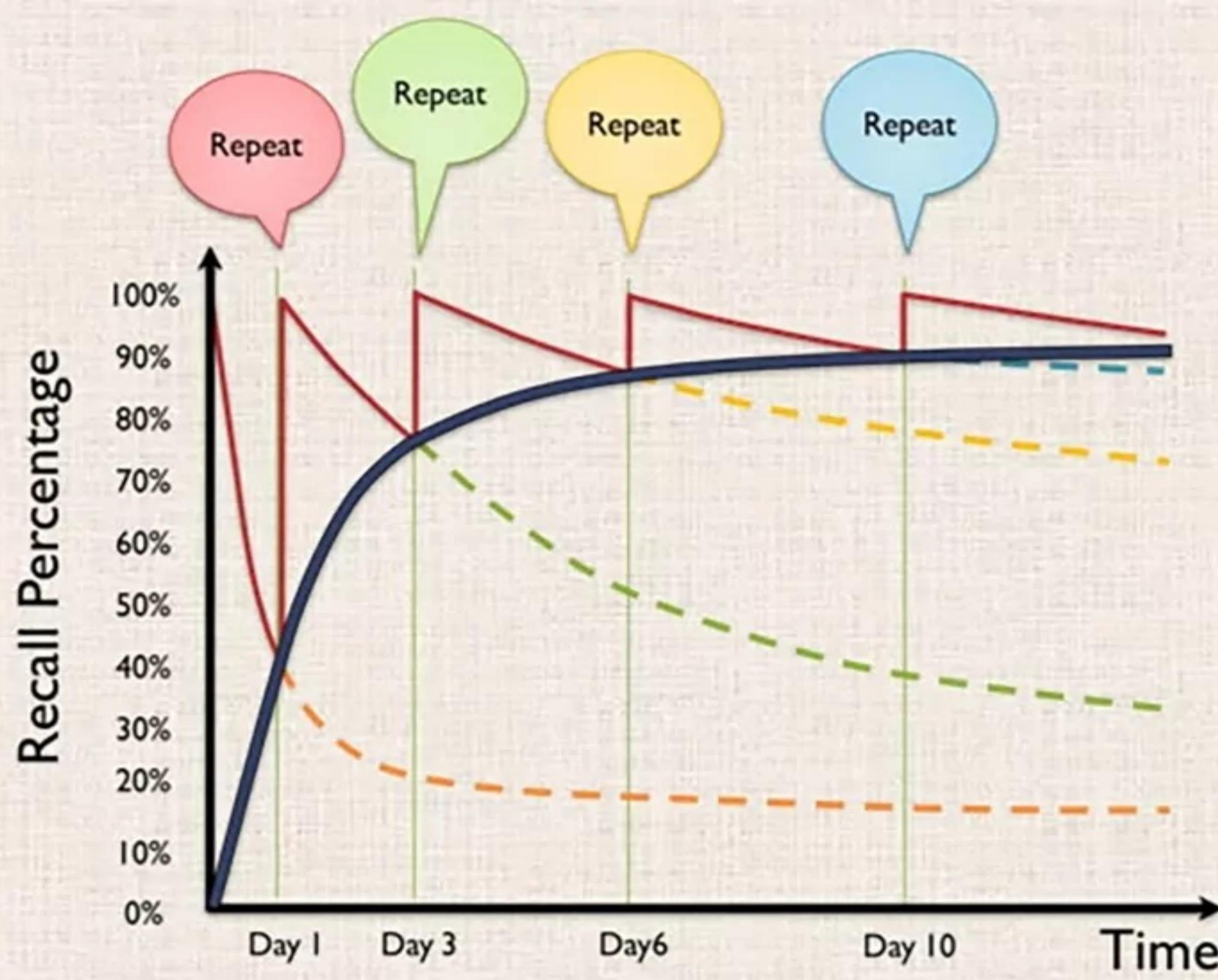






# Memory Techniques

- There are many different memorization methods depending on the suitability of each individual to choose a memorization technique.
- For me, the most effective method would be the spaced repetition method.





# Apply the Knowledges

Find practical applications for what you're learning.

Apply the concepts in real-life scenarios to deepen your understanding.



Thank's For Watching