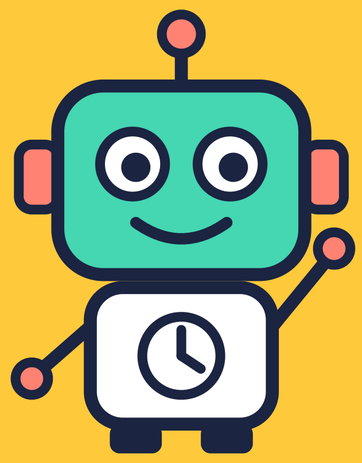
LEARNING HOW TO LEARN

Hard to learn? Learn how.



Learning is a skill, and some ways of learning work much better than others. These eight skills help you learn anything.

1 Your brain can grow

NEURON

Practice makes brain connections stronger.

ASK YOURSELF

What can't I do yet?

"Yet"

I can't do it... yet.

2 Aim for a goal

GOAL

A clear goal tells your brain what to work on.

ASK YOURSELF

What is my next small step?

Clear
Small enough
Checkable

Cut it into small steps.

3 Focus on one thing

FOCUS

Your attention lights one thing at a time.

ASK YOURSELF

What is my one job right now?

Clear the desk
Set a timer
Park it

One job at a time.

4 Test yourself

RECALL

Testing yourself beats reading it again.

ASK YOURSELF

Can I say it without looking?

Look
Cover
Write
Check

5 Little and often

SPACED PRACTICE

Short practices spread out beat one long one.

ASK YOURSELF

When will I practise it again?

Today
Tomorrow
In 3 days
Next week

6 Learn from mistakes

FEEDBACK

A mistake shows you what to practise next.

ASK YOURSELF

What is this mistake telling me?

Slip: check
Gap: ask
Mix-up: compare

Mistakes are signposts.

7 Rest and recharge

MEMORY

Your brain stores learning while you rest.

ASK YOURSELF

Does my brain need a break?

Sleep
Move
Fuel
Break

8 Think about thinking

METACOGNITION

Coach yourself before, during and after.

ASK YOURSELF

Is my plan working?

Before: plan
During: check
After: look back