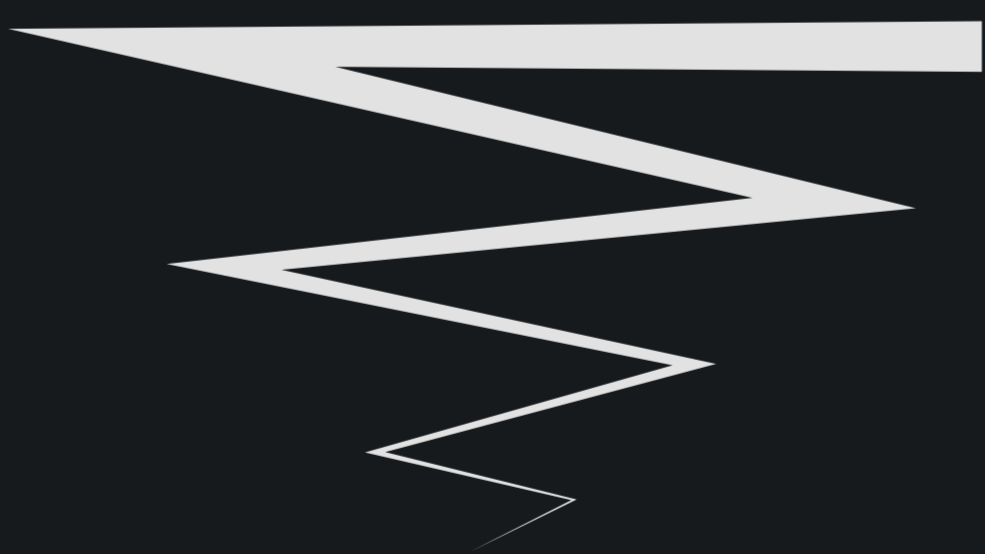




HOW TO LEARN ANYTHING FASTER



1

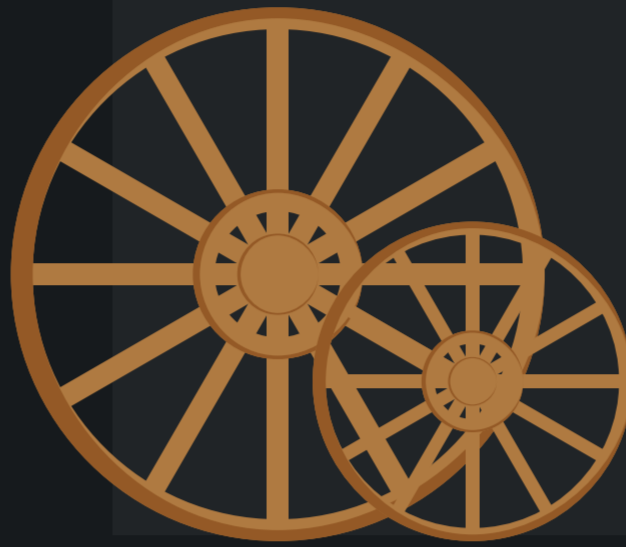
STOP MULTITASKING



Multitasking causes new information to go to the wrong part of our brain. Moving back and forth between tasks wastes productivity as our brain can't pay attention to multiple tasks at the same time.

2

DON'T REINVENT THE WHEEL



Find someone who already master the skills you are willing to learn and model the path they already followed. This way you can learn new things in a shorter period of time.

3

LET YOUR MIND WANDER



Schedule some quality time to let your mind wander, as healthy breaks allow your brain to rest and avoid creative blocks. Going for a walk or having a long bath are some good examples of mind-wandering.

4

REPETITION, REPETITION, REPETITION



The more attempts you make to learn something, the more the brain reinforces the necessary skills until you can do it subconsciously.

5

RELATE NEW LEARNING TO PRIOR KNOWLEDGE



Allowing your brain to create connections between new information and what you already know will help you remember it later.

Whether you are an employee or student, learning management systems (or virtual learning environments) can help you learn anything faster as they are designed to give immediate feedback after each training session.

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