

Apply the following five effective ways to increase your learning ability many times

Let's try to apply the following 5 effective ways to enhance your learning ability many times!

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The ability to learn things quickly is an extremely valuable asset . Those who can quickly grasp new concepts, learn and apply new skills effectively, process new information in a short period of time are far more advantageous than those who encounter difficulties. towels in learning this skill.

Is it so easy to acquire everything quickly and that's what people call talent blessed? Is that only for ' *geniuses* '? The answer is ' *No* '.



Each of us can **learn how to learn faster** and have more simple tools to help you do that. If applying these methods as a habit, it will bring great efficiency to help us be able to learn concepts faster, process new information faster and expand our abilities and knowledge. our.

So, don't hesitate, start working on the following 5 effective ways to increase your learning ability many times!

- 1. Focus on the number of repetitions, not the amount of time we practice**



When we say that we " *learn in five hours* ", it usually means that we are deceiving ourselves. Does that mean how much real time we spend in 5 hours studying? How much time is distracted like checking email, surfing Facebook or Twitter? **The important issue here is not the time we spend studying .**

Repetition is one of the best levers we have to stimulate the brain. The power of repetition is best demonstrated by the world's top performers, athletes, musicians and military. Therefore, **practice time is not as important as the number of times you repeat that action .**

So the first step: **Put aside the watch and focus on that action many times .** Instead of saying, ' *I will study this note within 2 hours* '; Say: ' *I will read all this note, line by line, read it over and over again from start to finish .* ', remove the ' *illusion of efficiency* ' of action because you cannot deceive yourself, no matter whether you complete the task or not.

2. Break down each task



The talented composer and expert **Daniel Coyle** , wrote in the best-selling book *The Talent Code* : ' *The letters in the stand alone do not mean anything but if they are joined together into one string (word) and when these strings are combined together into a larger string (sentence or paragraph), it will become meaningful and*

beautiful '. The importance of this subdivision is that it is the way your brain learns. Each skill or part of the knowledge we learn is a combination of many smaller sections, sections and other information.

One of the things that we should do before trying to learn something is to **break down what we need to learn into small chunks** . Do so with the whole process and what remains will be just a combination of many small passages. Then we will continue to step 3.

3. Complete each section best and then combine them into a string



Right now, we have a combination of small tasks that can conduct research in each paragraph. Then, we will apply again and again in step 1. The task or skill that we are trying to learn is the combination of those small passages.

We have to determine what these segments include and our job is to **complete each section** as best as we can and put them together into a chain. Then we connect each little piece together and over time, we will grasp the whole process.

The most important thing about doing so is because we will master the process much faster than when we try to remember all of what we need to learn at the same time.

Therefore, when creating the link chain, we can see how those small fragments link together. Thus, we have a comprehensive understanding of what to learn and this gives us the ability to quickly associate in the future.

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4. Turn the learning process into a game, set rules and rewards for it



Of course everyone of us likes games and our brains are the same. When learning becomes an interesting game, time stops and we immerse ourselves in the repetition of actions. So when we try to learn something new, an effective strategy is ' *game play* '.

Create a game that you can play, set rules and a system of rewards for that game (*this is also important because our brains like rewards*).

Charles Duhigg - author of the best-selling book, *The Power of Habit* said:

" Rewards are the foundation of habit formation. When an action becomes a habit, we will make it easier and faster. If possible, set up a reward system based on The game is formed from the learning process, we can draw learning back into a habit by which we will learn faster . "

Daniel Coyle notes the importance of learning in the following:

The term " *drill* " in English means " *drill* " evokes a sense of hardship and somewhat meaningless. It is mechanical, repetitive and boring - like "drill and kill - drill and kill" sentences. But " *game - game* " is the exact opposite. They help people be happy, have connections and passions. So skills improve faster when we do it this way.

5. Repeat the "focused boom" done with the whole effort in a short period of time and then take a break



There are many studies that show that **resting properly increases brain function** . Typically, when the late-night exam that most students have experienced at least once in their life, the help of caffeine does not seem to be the most effective way.

In fact, there is evidence that indicates that it is even the least effective way. If we want to learn something quickly, we need to do it when the mind is relaxed. Performing " *concentrated bursts* " with abundant energy and a resting mind, we can focus entirely on learning the best and linking the chains together (*step 3*). Then when we begin to feel the effect is reduced, we need to rest to recharge our energy.

Exploding, charging energy and exploding, charging , over and over again is a way for us to accelerate the learning process. Long learning time is not as effective as short-term " *booms* ". For long periods of time, we are more easily distracted and more focused on time than the repetition of learning.

Even so, if we train our ability to study like a top athlete self-training (*learning with shorter but more intense passages*) then surely we will be satisfied with the result. the result we achieved.

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Having fun!

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