

## METHODS OF LEARNING

Draft 7/04

### Immersion and focus in large chunks of time versus baby steps.

As it appears to be true that many people have resistances to disciplining themselves to doing certain things, the approach of using baby or small steps toward doing or learning something new appears to be appropriate. If it is the only way that a person can do it, then so be it.

But I would suggest that immersion and focus is a faster and more likely better way toward completion and living a better life sooner. Therefore, “large chunking” one’s time and taking focus workshops are the recommended vehicles. In workshops one has access to experts (make sure they are<sup>1</sup>, before enrolling). Learning with experts is the best way of learning, if it is available to you. Large chunking of time is of course included in workshops, as they are many hours and sometimes many days. But in terms of reading and learning on your own, you should schedule large blocks of time (at least two to three hours) for reading and learning and completing.

### Learning what you can and then checking with a “guide/teacher”

No method of learning is infallible and/or your learning of it may be fallible. Sometimes you will think you’ve learned it and you will have missed some things or failed to understand it fully. Checking it through a person who can help add insights and understanding is ,therefore, in my strong opinion, absolutely necessary to “completing” so that you get the most out of it.

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<sup>1</sup> Have others whom you respect for their opinions said that they have achieved value? If so, then it is logical that you could also.

## RANKING OF LIFE MANAGEMENT LEARNING MODES

	1	2	3	4	5	6	7	8	9	10
Combination, integrated										X
With mentors (plural)								X		
With coach								X		
Overall life, non-linear, conscious							X			
By subject, non-linear						X				
Objective course, overall life						X				
Objective course, part of life					X					
Self study, reading					X					
As go, by self		X								

## METHODS OF LEARNING FOR VARIOUS PURPOSES

	As go		By subject		Overall life		Combination
	By self	With coach	Objective course	Subjective (non-linear)	Objective	Subjective (non-linear)	
Rating of effectiveness	C, D, or F <sup>2</sup>	A	B	A-	B+	A-	A+
Benefit/problem	Random	Conscious, guided					All integrated for results
Modes:							
Experiential – nonconscious	x						
Experiential – conscious				X		X	x &
Writing		X &/or	X	X	X or		X &
Auditory		X &/or	X	X	X or		X &
Reading		X &/or	X		X		X
Random	x						
Systematic		++	++++	++++	++++	++++	+++++

Great to hear some interesting methods for reading comprehension. Here's the strategy I've adopted for the last couple of years:

Read books on Kindle: although I love to turn the pages of a physical book, the benefit of easily highlighting and exporting is profound.

Read the Table of Contents: I find this 'primes' my brain, not only preparing me from what I will read but also getting me

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<sup>2</sup> Of course, unless there is a miracle or some grand epiphany. It is not a good idea to wait around hoping those will occur. An atmosphere for creating those can be set up, such as in "life" courses, especially the experiential ones.

excited. I find that as I read the book, I tie pieces of information back to certain chapters and sections of the book.

Highlight anything in the book I find interesting

After making any highlight, re-read the highlighted text

Similar to Nicole ^ I try to speak to friends, family (and to myself like a mad man) to explain concepts I have just learnt from the book. This solidifies the knowledge and also allows me to try explain them like Richard Feynman would :wink:

At the end of the book, export my highlights to Clippings.io 6 and then to Evernote

Read through all my highlights from the book and keep an eye out for the most insightful ones

Re-read through the highlights and re-highlight what I believe to be the most important from the whole list.

Now that I am left with a number of yellow highlighted passages and quotes from the book, I re-read just those newly highlighted ones.

Try to review them regularly (I heard you should be doing this after 1 day, 3 days, 1 week and then every few weeks). There's many times where instead of reading 10 pages from my current book, I will review an old book in my evernote.

Hope that is insightful!