

Day 2 - Why Learn How to Learn

[00:00:00] Welcome to the how to learn anything course from Plato University, where you're going to learn the science-based tools of pro learners to accelerate your learning. Remember more and master any hard skills. These are the secret techniques. They didn't tell you in school.

If you're passionate about changing your life with learning, join us, at plato.university to get exclusive content with every lesson. I'm your learning guide, Brandon Stover and let's get started.

All right. If you are here today, that means You want to master the science and art of learning, how to.

Throughout this course, we're going to dive into what learning is and how you can become a pro learner together. We'll create a plan for anything that you want.

And then we'll start diving into the learning process going on the path of mastery

so that you can become a master in any skill or subject that you want to learn along the way we'll cover the science behind learning. Why each one of the techniques that we cover are so.

And we'll end by discussing how you can completely master a skill and engage in lifelong learning so that everything that you learn stays in your mind and you never feel.

But today we're going to discuss why learning, how to learn is the most important skill that you can learn.

Imagine you signed up to learn a new instrument for the first time, like a violin, for example. What would happen if your instructor handed you a violin and ask you to play

naturally, having never learned how to play a violin, you probably wouldn't be able to do it. Right.

But would you consider yourself unintelligent or bad at the instrument because you weren't able to play? Of course not. You've never learned how to play this instrument. so it makes no sense to think that you'd be able to do something you've never been taught to do

what a lot of people don't realize is this applies to all types of learning.

see, when we went through school as children, we were told what to learn, but we weren't exactly told how to learn, especially anything that we wanted.

And when you don't know how to learn, you perform poorly in [00:02:00] classes and later at work and other areas of your life further on, and this can be a blow to your self-confidence and the opportunities that open up to you throughout your life.

But just like being asked to play an instrument without learning how trying to learn without the right strategy simply makes no sense. It's like sitting in the driver's seat without knowing how to drive or installing a complex piece of furniture after tossing out the instructions

after all, how can you do something well and do it efficiently. If you never learned how.

This is why learning, how to learn matters so much. See if you learn this skill, you take your power back from the education system, you gain the ability to learn anything, and you don't need another person to tell you what to be learning. You become a self-directed learner in control of your own life

in modern life. There are a lot of skills that are in post. As a 21st century human, he needed to know how to navigate social relationships. Get along with technology, stay informed about politics, uh, bay laws, balance your finances, make smart career decisions, choose a healthy diet and about a million other little skills to help you thrive in today's world.

Of course, none of these skills actually matter if you aren't able to learn them effectively.

If you think about it, learning is the gateway skill to unlocking every other skill you need in life

here's the thing at any point in your life, did anyone an educator or otherwise, maybe a mentor actually teach you how to learn

or for that matter, how to best use the 10 pound massive neurons and synapses you call your brain.

Think back for a moment you had years of physical education classes, teaching you the importance of exercise. You may even had a few health and biology classes teaching you

how individual cells and organs work.

But did any of them ever teach you about the brain and how it worked and how you can utilize it to learn anything you want?

Look, when you go out and buy any type of appliance or even buy a car, something that was designed by a team of engineers, it comes with a 50, 60, 70 page manual for you to understand how it works. That manual gives you helpful information about every single feature [00:04:00] plus exact instructions to follow in case you experienced difficulties.

And yet when it comes to the most complex object we have in our universe, your brain,

you're lucky if you even get a small hint about how it's used,

and this is why so many of us might struggle when we're learning something, especially in.

We suffer through boredom as we're learning new material. And we forget it after the exam anyways,

but with this course, I want to teach you the skills and techniques that you can use. And help you understand why it works in your brain so that you can learn any skill that you want. You take that power back.

I want to help you become a self-directed learner

and by doing so, you're going to become com someone that can make decisions about what to learn about.

Now, of course, it's possible to be a completely self-directed learner and still decide to attending a particular school is the best way to learn something. Self-direction is about who is in the driver's seat for your learning project, not about where it takes place,

but maybe you're still not convinced that this is the most important skill that you could spend your time. Well, let's discuss a few changes that are probably going to happen in your lifetime. that make learning this skill. Absolutely crucial.

The first reason is because the world changes the things that it needs from its citizens require people to advance their career change. The way that they work

and rapidly learning hard skills can have a greater impact than years of mediocre striving on the job. Whether you want to change careers, take on new challenges or accelerate your progress.

Learning is going to be a powerful tool To help you do those things.

We already know that with the increased computerization automation outsourcing and regionalization, we're increasingly living in a world where you must either be a top performer or get stuck in a low end job.

We see them many have jobs lie, neither two types either. They are high-skilled jobs such as engineers, programmers, managers, and designers, or the low skilled jobs such as retail work cleaners or customer service agents.

Now this paints a picture that might either be bleak or hopeful depending on your response to it. Bleak because it means that many of the assumptions embedded in our culture about [00:06:00] what is necessary to live a successful middle-class lifestyle or quickly eroding.

That's not enough to get a basic education and work hard every day. In order to succeed, you have to improve your skills, moving into our more higher, skilled category. Where your learning is going to be constant or you'll end up being pushed into the lower skilled category at the bottom.

Now, underneath this bleak picture, there is also some hope because if you master the personal tools to learn new skills quickly and effectively, you can compete more successfully in this new.

Now the second point, why this SCO matter so much is because as a person you're also changing new things, come up in your life and you reach new milestones.

And along the way, you're going to have to learn some new skills in order to adopt those new lifestyles as you reach those miles.

So, whether you're getting married, having children moving to a new area, each one of these are going to present problems and opportunities for you to learn new skills, to apply in those situations.

So if you want to be successful and not only in your professional life, but also in your personal life. And you're going to have to learn the skill of how to learn in order to pick up all the new skills that you need in these milestones.

The last point I'll make is that education has fundamentally changed going the traditional route from high school to college often costs way too much. Tuition has risen faster than the inflation rates in our economy.

And in order to get a solid education, you often have to take out thousands of dollars in students.

But rather than going to a traditional institution where they're telling you what to learn and giving you all the resources to do it by becoming a self-directed learner, you can do this yourself, picking what you want to learn and gathering your own resources and leading your learning.

And by doing this, you can save yourself thousands of dollars and still learn the skills that you.

And the world we live in today, technology has unlocked new opportunities for learning.

Almost anything you want to learn can be found online and you can learn it in a variety of different ways, whether you want to watch it a lecture, join a cohort of learners and learn the same thing to. Participate in things like boot camps and actively [00:08:00] working on projects,

or even doing things like internships, where you're working and learning at the same time, even being paid for your learning. There's so many more options out there than the traditional path and being able to take these skills of learning and

use them in any path that you'd like to take makes you a more empowered learner.

Now, as I mentioned before, as we go through each one of these days, and you're learning more about the skill of how to learn, but be activities at the end of each lesson, these activities are to help you actively recall the information that you just heard. A skill that we'll talk about later in the course, and also start applying what you're learning to your real life.

We never want you passively taking this in. We want you to be able to use these skills and actually do something with them.

So our activity today is to reflect on why learning, how to learn matters to you. Think about how your learning experiences went in the past and how would have knowing the skill of learning have helped you in those past experiences

and finally reflect on why is it important for you to learn this skill? Now, what is driving you to take this?

I'm so excited for you to be taking this journey to mastering how to learn and tomorrow we're going to cover exactly what learning is. Introducing some of the major concepts and the science behind learning.

Thank you for taking the how to learn anything course, to get everything you need to become a pro learner, including advanced resources, personal coaching, and a community of passionate learners. Just.

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