

Day 33 - Monitor & Adjust

Welcome to the how to learn anything course from Play-Doh 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.

Okay. Up until this point, we've learned how to create a learning plan for ourselves to engage in a learning process. That can allow us to pick up any new concept or skill.

I then went through 18 techniques that you can use to execute that learning plan and go through the various stages of our learning cycle of exploring, engaging and exiting.

And we have two more steps in our learning process

to really get the most out of our learning. And those two steps are one monitor and adjusting our learning and to reviewing the results. Of our learning plan.

And today we're going to cover monitoring and adjusting our learning plan.

as we go through this learning process.

As you're learning, you need to make sure that you take a step back regularly to assess how your learning is going, assess whether you're actually progressing in your learning and whether you're using the best learning strategies, you might find that you need to adjust the way you're learning.

And that's perfectly okay. In fact, changing the practices When progress is slow or non-existent is an important part and being a self-directed learner. For example, if you realize that you're struggling to understand difficult texts, you might want to try starting another source, such as an explainer video on YouTube or an online.

Now, although we're covering this as the third step of our learning process, it's something that you'll actually engage with during the entire learning process.

You'll most likely go through this several times on your way to mastering a difficult.

Because as you start engaging with the learning process, you often have a better understanding of the task, and you may have learned some things that make you want to update your goals and plan that you originally created based on that you changed the way you study.

You may improve your understanding of the learning task and make further changes to your goals and plans.

And this practice is critically important. Becoming a more self-directed learner can really pay off in the long run. One study found that training students. To become self directed learners could move them from the 50th to the 75th percentile.

During your learning, you may notice that your plan realized too much on passive reading rather than retrieval practice. You may see that the way you're practicing is a wining detour away from where you will actually want to use. You may feel as though you're forgetting things or memorizing them without really understanding them.

And of course, all of this is okay. In some cases you won't be able to have the perfect learning approach because the resources that you need just don't exist. However, becoming sensitive to how, the way you're learning, isn't aligned with the principles that we've learned throughout this course is a good way to feel out changes you can make to improve it.

So now let's discuss exactly how you can monitor and adjust your learning plan as you go through the learning process.

you can approach monitoring your learning plan, both qualitatively and quantitatively. So let's discuss both

To assess your learning plan and a qualitative perspective. Here are some questions to ask yourself to determine whether you're slipping from the ideal

ask yourself, have I done the research into what are the typical ways of learning this subject or skill? How have I interviewed successful learners to see what resources and advice they can recommend?

This is going to help assess if your learning plan is, even within the ballpark of where it needs to be to actually learn the skill of gun.

Next you can start assessing how well you're focused during your learning sessions.

Ask yourself if you're multitasking or distracted while you're learning, or maybe you're skipping out on learning sessions that you scheduled for you.

Start to assess your motivation and how long it takes you to get focused and in a good flow when you're learning

next start assessing how the way you're learning will be applied later. are you learning a skill in the way that it will eventually be used for later?

How are you currently practicing the way that you're transferring the knowledge that you learned from a book or a video to real life situations?

Here, we can also assess some of the ways that we're practicing the skill.

Are you spending your time focusing on the weakest points of your performance, which rate limiting steps are the ones that are holding you back from learning more or mastering this skill?

Does it feel like the skill that you're mastering seems too complex? And if so, can you break it down into smaller skills and start practicing each one of those?

Now remember with the learning, the biggest thing we want to be doing is actively recalling this information from our. So start to assess that. Are you spending most of your time reading and reviewing, or are you solving problems and recalling things from your memory without looking at your notes? Do you have ways of actively testing yourself

and are using things like space to repetition to see if you can explain what you learned yesterday last week, or maybe even a year?

Now as you engage in practice, are you getting the type of honest feedback about your performance early on? Are you trying to avoid criticism about your practice?

Do you understand what you're learning? Well and what you're not.

You can also look at how sticky this information is becoming.

Are you exposing yourself to information in spaced repetition so that it'll stay longer. And are you focused on turning declarative or factual knowledge into procedures? That'll help you retain the skills or knowledge that you're learning.

also look at the resources and ways and techniques that you're learning. Are you getting stuck with your current resources and technique? Do you need to branch out and try new approaches to reach your learning?

How can you go beyond mastering just the basics and create a unique style to solve problems creatively and do things others haven't explored before.

And finally, to really assess whether you're mastering the skills that you're learning. Sorry to ask yourself. Do I deeply understand the things I'm learning or am I just memorized? Can I actually teach these ideas or procedures to someone else.

And these are all qualitative questions that you can ask yourself during the learning process, in order to monitor and adjust your learning. Now, this isn't an exhaustive list and you could probably create your own. But it's a good starting off point to understand whether your learning is effective or not.

Now, the second way you can monitor your learning plan during the learning process,

as my quantitative measuring.

And yes, this means taking some tests and what these tests are going to do, our benchmark, your learning, and see how it performs over time

and way you can put this into practice is actually taking the test before you start learning anything. to get a benchmark of your knowledge about the subject or skill before learning it. Then as you go through the process of learning regularly, test yourself to see if you're actually improving on that learning

by doing this, you quantitatively see with an actual. And whether you're improving at that skill,

this will also have an additional benefit that we talked about earlier in this course with active.

Because when you're being tested, you have to actively recall these things from your mind. You don't get to look at any notes or anything like that. So it's going to help embed this into your longterm.

So use these questions and repetitive benchmarking and testing to really assess whether your learning plan is actually helping you to learn the skill or concept that you want. If not it's okay to change things up, switch out resources, switch out techniques, go back and interview people to figure out the best way to learn and then create a new learning plan for yourself.

Continuing the process.

Now the activity today is to actually set up a system for yourself to be able to do this on a regular basis. I recommend doing something like a spreadsheet or using air table to set up a monitoring system for yourself. Create a way that you can go through the questions as a simple check.

And a place to record and graph your benchmarks from tests. This way you can see a graph or a curve over time to see if you're actually improving.

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