Peak Learning

- Learn for your self
  - Bored?
  - Curriculum
    - fun
  - Active
    - mind involved
  - Be alone/not so
    - Socratarian
  - Learning style
- Learning Style
  - Specific Time
  - Type
    - Groupers
      - Broad Details
    - Stringers
      - Specific facts & details
  - Brain Dominance
  - Seven Itelligences
    - Spatial
    - Body
    - Music
    - Intrapersonal
      - Knowning self
    - Interpersonal
      - Knowing others
    - Language/writing/auditory
    - Logical/Math
- Invocations
  - affirmations
  - remember past experiences
  - Fall in love w/subject
  - Condition of body
    - exercise
    - nutrition
    - rest
  - Similar people
    - enjoying same subject
  - Sayings
    - other conversations
    - handbooks of famous
  - Visualize rewards
    - fantasize
    - enjoy benefits
  - Flow learning
    - Visual imaging
    - meditation
- Invisible University
  - Library
  - Internet
  - Comunication
    - networking
  - Bookstore
- Learning Outcomes
  - 1. You remember(Recall)
  - 2. You Understand(Comprehension)
  - 3. You use(Application)
  - 4. You see the parts(Analysis)
  - 5. You put it together(Synthesis)
  - 6. You judge(Evaluation)
- Techniques
  - Pro-active reading
    - Table of contents
      - Relative portions
    - Index
      - most entries, most info
      - 10% of entries
      - inner structure of book
    - mindmapping
  - probe
    - leap ahead of speaker
    - write keyword
    - What coming next
  - instant replay
    - review
    - more out of it
  - learning from mistakes
    - identify
      - mistakes
      - causes
      - do it different?
  - menomics
    - visualizations
      - discuss out loud
    - associations
    - mental review
  - **Learning log**
    - To see what I write
    - Capture moments
    - patterns may develop
    - easy to add
    - small notepad

Created from the book Peak Learning

by Ronald Gross