

# [Coursera: learning how to learn (week 3, ppt)](https://assignbuster.com/coursera-learning-how-to-learn-week-3-ppt/)

3. 1 Understand Why We Procrastinate1. Unhappy feeling with the task
2. Funnel attention onto a more pleasant task
3. Feel happy3. 2 Habits Have 4 Parts1. The cue
2. The routine
3. The reward
4. The belief ONCOURSERA: LEARNING HOW TO LEARN (WEEK 3, PPT) SPECIFICALLY FOR YOUFOR ONLY$13. 90/PAGEOrder Now3. 3 Anti-Procrastination: Process vs ProductFocus on process (just do it, 25 mins)
Not concerned about product/result
Enjoy the process3. 4 Anti-Procrastination: Develop Good Zombies (Habits)What launches you into anti-procrastination mode?
1. The cue
- Location
- Time
- How you feel
- Reactions
2. The routine
- Plan
3. The reward
4. The belief3. 5 Good Anti-Procrastination Habits - Daily Life1. Put items into Daily, Weekly Plans (To-Do Lists)
2. Prioritize
3. Do important and hard things first in the energetic time period.
3. Focus on process (25 mins)
4. Have rewards
5. Have finish time! 3. 6 Anti-Procrastination Strategy SummingUpSumming up procrastination:
- Keep a planner journal
- Commit yourself to certain routines and tasks each day
- Delay rewards until you finish the task
- Watch for procrastination cues
- Gain trust in your new system
- Have backup plans for when you still procrastinate
- Eat your frogs first3. 7 Diving Deeper Into Memory- We are good at visual memory. Associate to-be-remembered things with images.
- Repetition & Feedback, make short-term memories to long-term ones.
- Hand writing, hand drawing
- Use flashcard program like Anki3. 7A Long Term Memory- Spaced repetition for consolidation, reactivation-to-reconsolidation
- Spaced learning, instead of one big-block learning3. 8 Memory Enhance Techniques:
Meaningful Association, Memory Palace- Use initials to form a meaningful word
- Use image to associate a concept
- Use a palace (or home) to hold multiple memory items. 3. 9 Memory Insight SummingUp- Long-term vs Short-Term (Working) memories: ==> spaced repeating
- Visual capacities, use them
- visual ~ abstract association