

# Coursea: learning how to learn (week 3, ppt)



**ASSIGN  
BUSTER**

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

<https://assignbuster.com/coursera-learning-how-to-learn-week-3-ppt/>

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 first
- 3. 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 Anki
- 3. 7A Long Term Memory- Spaced repetition for consolidation, reactivation-to-reconsolidation
- Spaced learning, instead of one big-block learning
- 3. 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