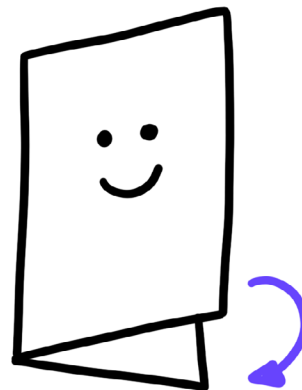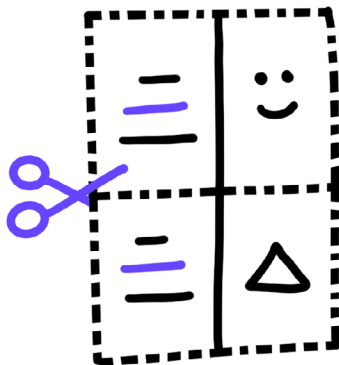# MY LEARNING TOOLBOX

Dear Learner,

You are excited about a new topic? Or unexcited about an old one? You want to boost your learning? You are trying to solve a problem and feel a bit lost?
This deck is for you!

How does it work:
It's simple! Whenever you feel like you need a little bit of help with your learning process, pick a card, and let yourself be inspired.

How to build the cards:
First, print the document. Each page contains two cards. Cut along the dashed lines, and fold along the full lines. You can then tape the two sides of the card together, and hop! You're good to go.

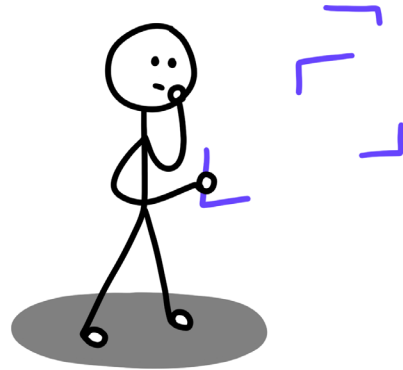You also have some empty cards at the end to add your own techniques.

Have fun and happy learning!

The Diverter

PS: The font used on the cards is the gorgeous Earth Spirit by Chequered Ink.
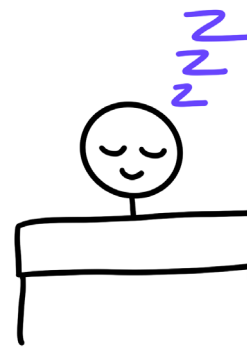
MY LEARNING TOOLBOX

Mini-Test

Testing is a powerful learning tool!

You can learn more in one hour of testing that in one hour of studying.

Try and test yourself on the topic you are trying to master.

Sleep

Sleeping removes toxines in your brain and helps you consolidate what you have learnt!

If you have been studying hard and got stuck, getting a good night of sleep could help you get a fresh start.
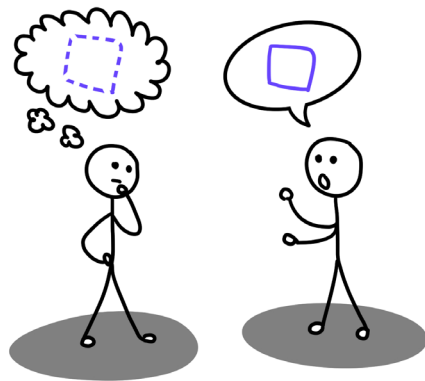
MY LEARNING TOOLBOX

RECALL

Reading your notes again and again is not the best technique to learn.

Instead, try hiding your notes, and recall what you have learned.

You can also use flash cards!
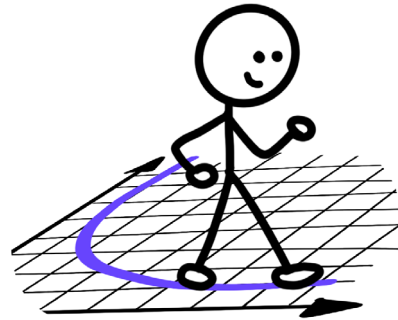
MY LEARNING TOOLBOX

GROUP WORK

A good idea to avoid illusion of competence is to work with others and quizz each other.

Before a group session, make sure that you are well prepared and focused, so you can all make the best use of your time!
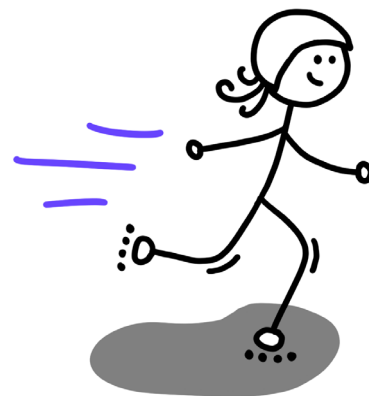
MY LEARNING TOOLBOX

EMBODIMENT

A good technique to understand something is to pretend that you are that thing.

For example, in mathematics, if you want to remember the graph of a function, try to follow the function with your body.
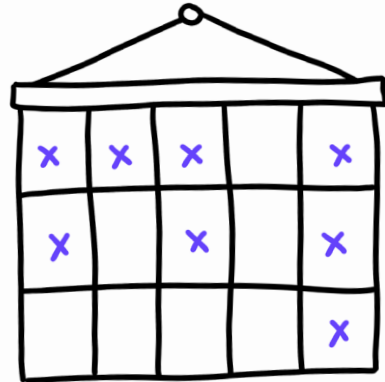
MY LEARNING TOOLBOX

EXERCISE

Exercise helps you disconnect from a problem to get a new perspective, and is also good for your neurons!

So remember to use your body. If you can, go for a walk, go for a swim! It's good for your health and for your learning.
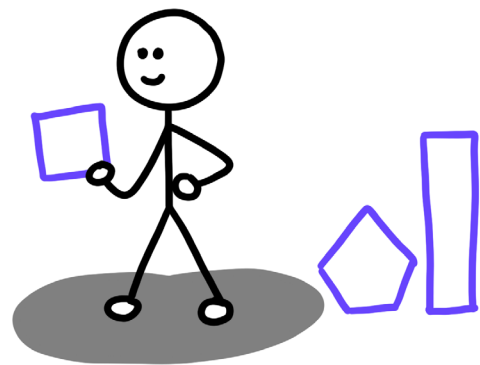
MY LEARNING TOOLBOX

SPACED PRACTICE

To remember something, practice is important. However, just hammering it in over a short period of time is not that helpful.

Increasingly space your practices to give the time for your brain to assimilate properly.

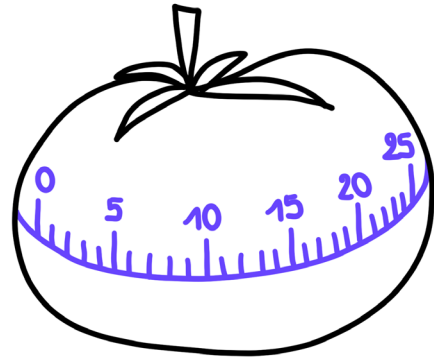# MY LEARNING TOOLBOX

DELIBERATE PRACTICE

It's quite tempting to focus your efforts on what you already know, because it's easier.

Challenge yourself, and try tackling the things that you find especially difficult. This will help you grow a lot!
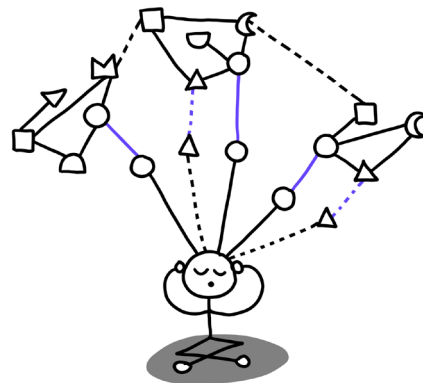
MY LEARNING TOOLBOX

Pomodoro

The Pomodoro technique can help you focus.

How to do it?
- Set a timer for 25 minutes
- Turn off all distractions
- Focus
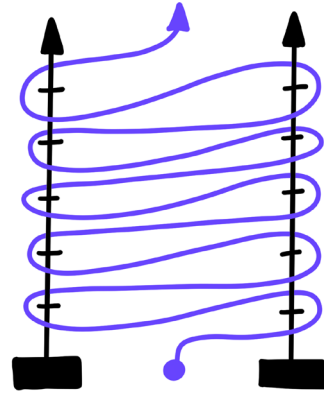- Reward yourself at the end!

MY LEARNING TOOLBOX

Mindset

Remember that your brain is flexible, and that with perseverance, you can learn anything.

Focus on the process, and not on the product. This will reduce your anxiety and improve your learning experience.
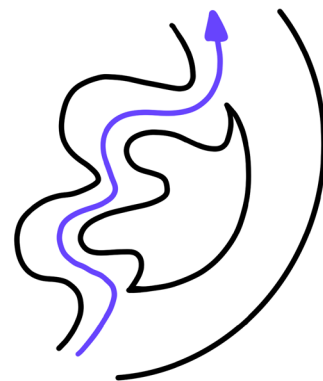
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INTERLEAVING

Never do the same thing for too long. Changes of perspective and contrasting activities are essential for learning.

If you spent a lot of time on the same topic, switch to a new one!

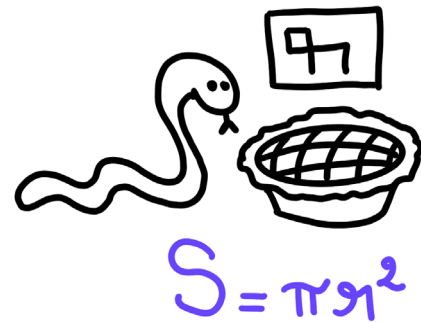## MY LEARNING TOOLBOX

MISCONCEPTIONS

Your brain can get stuck in a pattern and prevents you from discovering new and better ways to solve a problem. Sometimes this pattern is even wrong!

Try changing perspective often and chat with others to avoid this.

MY LEARNING TOOLBOX
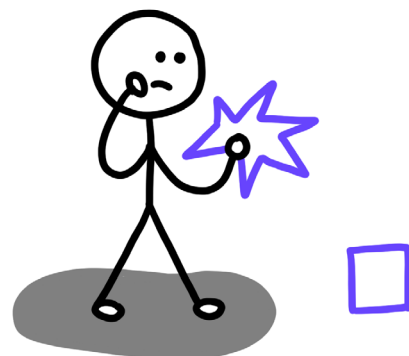
Metaphors

$$S = \pi r^2$$

Metaphors, analogies, and stories can help you remember something better and boost your creativity!

If you struggle to remember a formula or a new word, try building a story or a visual image around it.

MY LEARNING TOOLBOX

Hard Start

During an exam, start with the harder exercises. If you get stuck, come back to the easier ones.

This will allow your brain to process the harder exercises in the background, and when you will come back to it, it will be easier.

MY
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