Learning Process

   This is the anything. In the following chapters, we'll go in depth into every part discussing principles and strategies to optimize them."

Process for learning	Principles
Understand	
memorize	
practice	
bridge	
perform	

One of the best ways to understand something is by taking it apart and examining how its pieces fit together. What are the key elements? How do they interact? What makes it all work? Here are ways to help us deconstruct new information.

Nick Velasquez
Learn, Improve, Master: How to Develop Any Skill and Excel at It

#kindlequotes

Taking notes—including observations, questions, and ideas—serves to elaborate on what we study. It promotes connections to other information and to what we already know, making new material easier to understand and memorize. At the same time, it helps us extract main ideas and categorize knowledge based on importance."

Project Academy

Project Academy