How To Learn

Why?

Programming requires learning.

Skills require learning.

Life requires learning.

Better learning = better life.

Your brain

Some science-y stuff about how your brain works. Use it as a starting point!

Habits

Most of what you do is a habit. The more of your learning is controlled by a positive habit, the easier/faster learning is.

Mindset

How you perceive what's happening is going make or break your motivation.

Environment

Your environment controls your habits.
Your habits control you.
You control your environment.

Disconnect your turkey

Discipline is temporary.
Motivation is temporary.
If you rely on your highly-emotional brain to control you, you'll have a hard time (sure, you can do it, but it will be hard).
Control your environment to control yourself.

Walk like a baby

Baby Steps are the most critical component of any new activity in your life.

Option 1

You practice **every day for 3 hours. No excuses.** If you fail, you lack discipline!

Option 2

You practice every day for 1 hour. If you skip a day - you catch up on the next.

Option 3 (Winner?!)

You practice 5 minutes every day. If you feel like skipping - you use an app on your phone to do some easy practice.

Deep Work

Attention fatigue is what you get when you check your phone "real quick". It reduces your capacity to focus and takes 10-15 minutes to go away. Fewer distractions = deeper focus = better & faster learning.

Make something!

Learning programming/stuff requires an enormous amount of time. You can make it less repetitive by putting your effort towards a tangible result.

Learning 1 (Winner)

You do a lot of programming. Every. Single. Day.

Learning 2 (Winner)

You solve a lot of programming exercises. You do yours and everyone else's homework.

Learning 3 (Winner)

You make a game. With lasers. And dolphins. And sushi, obviously.

→

Eat a frog?!

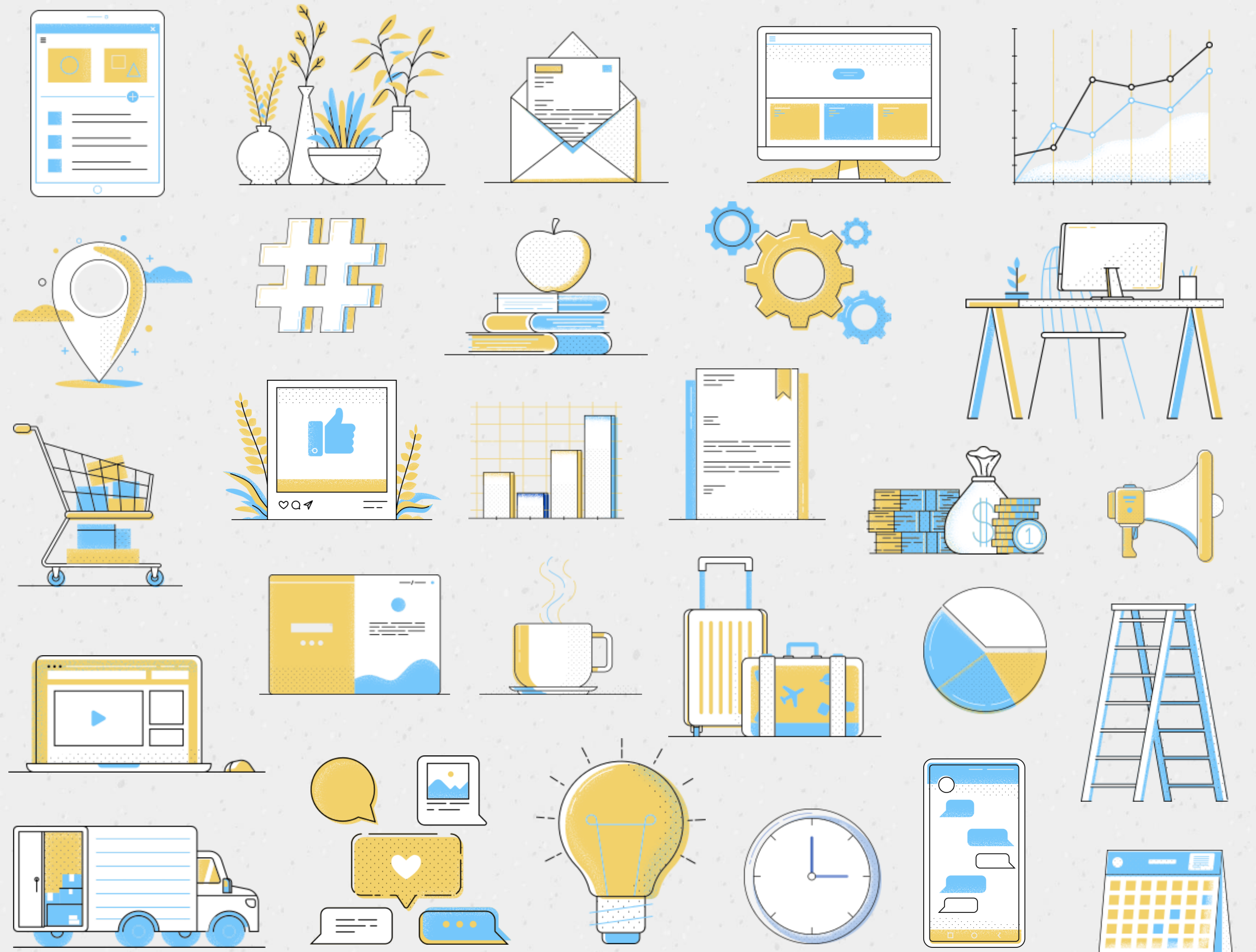Start with the hardest task you have on your plate before you tackle anything else.
In perspective, all other things you have on your plate will be so much easier!

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Specific Examples

Combining abstract ideas with real life is hard.
Here are some examples to get you started!

Your new pet-project

What do you like?
How can it be combined with programming (or whatever useful skill you want)?
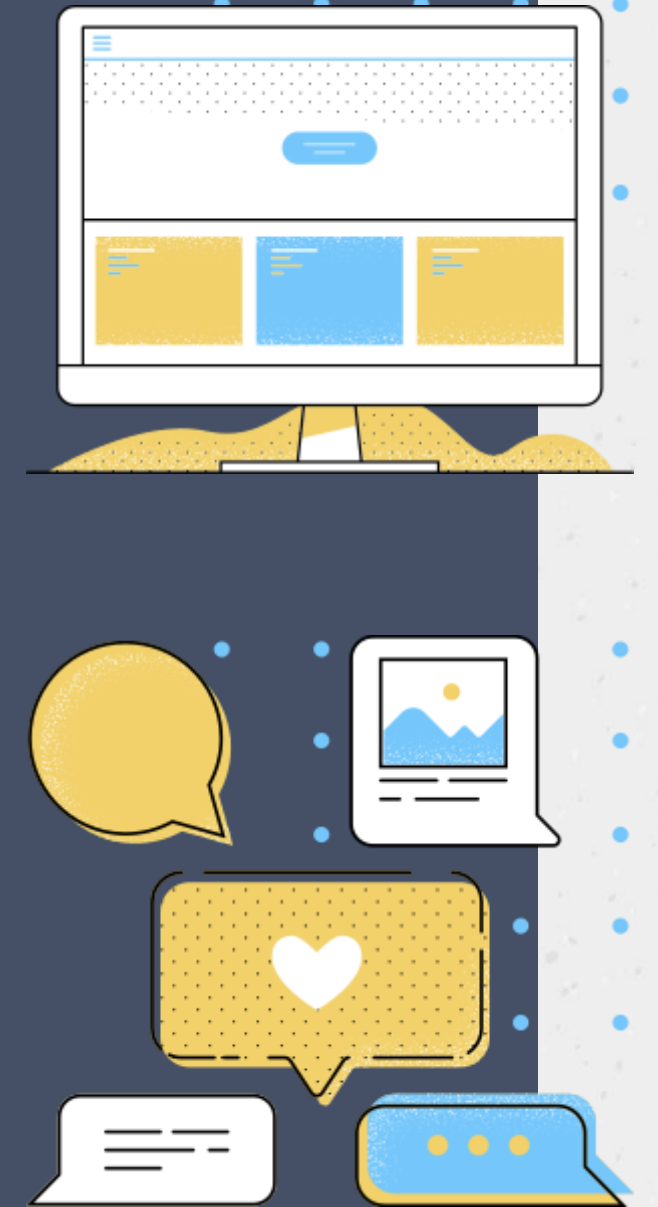
❋your name here❋'s game

Remake that game you like and fix *all* the things that bother you.

your own website

Trains? Tourism? E-sports?
Make a website and share it with the world.

Learning habit

Focus on building a *learning habit*.
1. Invest at least 5 minutes every day in programming (or whatever you're learning).
2. Put more time whenever you have more time. Put the bare-minimum if you're busy.
3. Don't feel bad if you couldn't manage more (you're still progressing).
4. Getting started is **hard.** Build the 5-minute habit to break past that on a daily basis.

5 minutes
AT LEAST 5 MINUTES EVERY SINGLE DAY
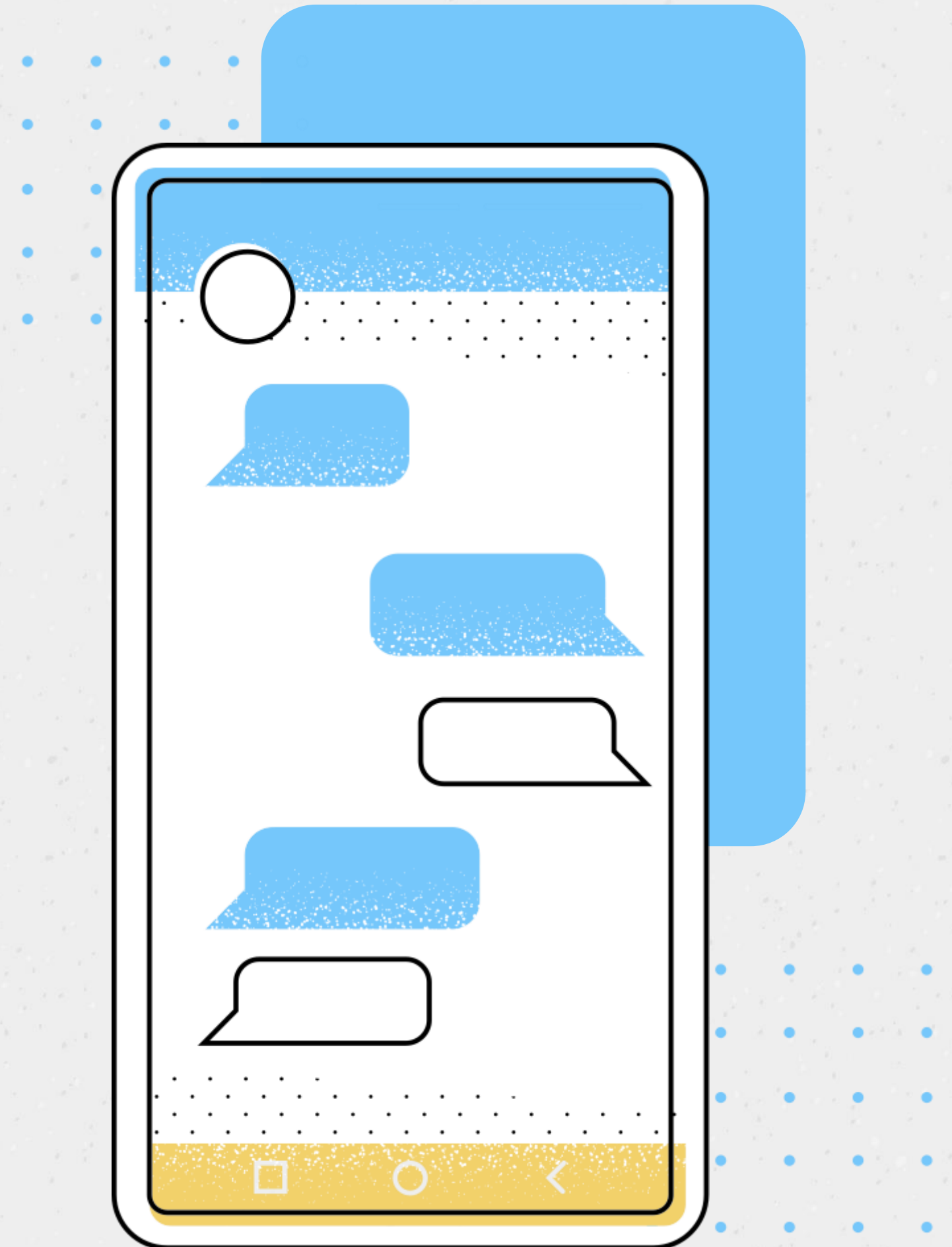
Use an app
IF YOU DON'T HAVE THE TIME

Habit
MAKE IT AN IRON-CLAD HABIT

Disconnect

- Mute your phone (environment)
- Move your phone to another room (habit)
- Block unproductive websites/apps (habit/environment)
- Turn off your computer's notifications (habit)
- Ask your friends/colleagues to respect your work; signal it (habit)

DEEP WORK, HERE I COME

Talk to me

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