

# Learn Anything Faster



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**SPECIAL REPORT**

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**LEARN ANYTHING  
FASTER  
TIPS REPORT**

This report includes **nine powerful tips** and **three actionable steps** you can take right away.

It also includes a list of **suggested readings** for those who are looking for even more information.

# TOP TIPS

One of the keys to a happier and more successful life is to commit to lifelong learning. There are few things we can do that are more helpful for our well-being than keeping our brains engaged with new pursuits. Some people find that the older they get, the tougher it is to learn new things. Other people don't have the patience to learn something new. If either of these sounds like you, check out these nine tips to help you learn anything faster.

## 1. Learn Like You Have to Teach Someone Else

[Studies have shown](#) that people who expect to teach something retain more knowledge and learn faster. The next time you try to learn something, approach it like you will have to teach it to someone else.

## 2. Say It Out Loud

One of the best ways to boost your memory is to say things out loud. [Studies have shown](#) this increases our ability to recall. When you are trying to remember something, instead of just reading it silently, try speaking it aloud as well.

## 3. Learn in Short Bursts of Time

When you are studying any subject - old or new - you should consider working in short bursts of time. [Studies show](#) that brief breaks help increase focus and allows you to pay more attention for a longer period. The Pomodoro Technique is a famous example of this phenomenon.

## 4. Get Enough Sleep

One of the worst things you can do when trying to learn something new is to forgo sleep. As much as you might want to pull an all-nighter to study a new topic, you are likely doing more harm than good. [Harvard Medical has found](#)

that consolidated sleep throughout a whole night is optimal for learning and memory.

## **5. Get a Coach, Teacher, or Mentor**

Finding someone to guide you is a great way to learn something faster. You get to learn from their experience while avoiding their mistakes. A mentor of some sort can guide you with hands-on advice, and they keep you accountable. The next time you want to learn something, think about learning from a professional.

## **6. Develop Effective Note-Taking Skills**

Are you good at taking notes? Taking notes properly as you learn something will significantly boost your ability to retain the information. Also, [studies have shown](#) that handwriting your notes is more effective than using your computer ...as much as it might annoy you.

## **7. Change Up How You Practice**

Practice makes perfect. The more you do something, the better you will get at it. This probably doesn't surprise you, though. What might surprise you is that regularly changing how you practice will help you learn faster. [John Hopkins found](#) that people who make subtle modifications during their practice routines learn new skills faster.

## **8. Stay Hydrated**

This might seem like a weird tip, but staying hydrated while studying or learning a new skill will make a significant difference in your results. [Researchers found](#) that University students who had access to water scored 10% higher than their thirstier peers.

## **9. Distribute Your Study Sessions**

How many times have you spent an entire night cramming for a test? Think back to your school days, and I am sure you will be reminded of many such

nights. The thing is, these long cram sessions aren't the best way to learn. When you [distribute your study sessions](#) more evenly, you learn better. For example, three 1-hour study sessions during the week beat a night-before cram session every time.

# FAST-ACTION STEPS

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- 1.** It's time to realize the power of lifelong learning. Choose a subject or skill you would like to learn.
- 2.** Search for guidance. Find a teacher, mentor, or even a knowledgeable friend who may be able to help speed up the learning process.
- 3.** Regardless of finding coaching or not, schedule short bursts of time to work on your new skill a few times a week.

# FURTHER READINGS

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## **1. Ultralearning**

<https://www.amazon.com/Ultralearning-Master-Outsmart-Competition-Accelerate/dp/006285268X/>

## **2. Limitless: Upgrade Your Brain, Learn Anything Faster**

<https://www.amazon.com/Limitless-Upgrade-Anything-Faster-Exceptional/dp/1401958230/>

## **3. Learn Faster**

<https://www.amazon.com/Learn-Faster-Yourself-Advanced-Strategies/dp/1801648840/>

## **4. Make It Stick: The Science of Successful Learning**

<https://www.amazon.com/Make-Stick-Science-Successful-Learning/dp/0674729013/>

## **5. Learn Like a Pro**

<https://www.amazon.com/Learn-Like-Pro-Science-Based-Anything/dp/1250799376/>