

1-3: Changing your studying habits

Throughout this course, I'll going to teach you variety of tactics and strategies for learning better. Some of these tactics are going to be immediately obvious how you can apply them to your studies and you can immediately start seeing results. Some of the tactics are required a little bit more practice until you can use them efficiently. Some of the tactics are very powerful but they require a little bit of learning curve just to get used to this new way of thinking. And finally there's tactics that are fairly simple of the course but there mostly matter of making it a routines so you always use them instead of a possible other default strategies you might be using right now.

So when you're going to this class, I want you to think of the different type of tactics in learning and which one they are. So if you encounter an idea, some of them you'll be able to use right off the dot, some of them you might find that they are a little bit difficult and take a little bit of practice. But once you do take a little bit of practice what I generally recommend is if you want to start using them, commit to setting aside a certain amount of practice time just in the first week or two even its just an hour or two. A lot of these tactics, if you spend more than just a couple of hours using it you should already be someone efficient with it. Even if takes a long time to master a particular tactic, you can usually get to a point of mile competent without too much effort.

Finally, for the tactics that are routine, such as the productivity system or using a particular note taking technique but they are a little bit different from maybe of what you used to. Then I recommend using what's call the 30 day trial. And the idea is you to commit using this routine for the next 30 days because in using this routine you will make it a habit. And that was really important both for the productivity system and with some of the learning tactics which are fairly easy to implement but they are sometimes things you forget to use and so they don't have the benefit all the time if you obviously forgotten to use them.

So keep that in mind, figure out which are the tactics you learn, if it something you can use right away then I recommend going right ahead with it. If it something requires a little bit of practice then if you cover a lot of tactics which we will on this program. Pick one or two that you think you're going to be the most promising. Spend a few hours practicing it. You probably won't be able to do every tactics in this course; you probably don't need to either. Even just mastering a couple of these can greatly improve your studying efficiency. And some of the tactics are better suited for certain types of courses.

Finally for the ones that are routines, things that you are need to apply but you might forget to apply, consider doing a 30 day trial. And for those I recommend, only doing one 30 day trial at a time. So if you wanted to try our fixed schedule productivity which

will be discussing later in the course then just try our fixed schedule productivity don't try to also do a bunch of other learning tactics at the same time, they're also required habits also required a 30 day trials.

So figured out what which of the tactics apply. Some of them you'll be able use right away, you can instantly add them to you too kit, others will take a little bit of practice and others still require forming life-long habits. And the main idea I want to get across is that I will be covering a lot of different ideas, you don't have to implement all of them. Even implementing some of them can improve your results so don't. If you're feeling overwhelmed, don't worry. Just focus on the once you think that are going to be most beneficial to you because you can always come back to this course later and read the other tactics if you want to further improve your studying ability later.