



Learn How to Learn Better

You are the most
important part of the
learning puzzle.



1. TAKE YOUR OWN NOTES

Being provided notes is convenient. But you'll learn more if you take them yourself. Deciding what to capture and how ramps up your brain's active processing, deepening your brain's connection to the new information.

2. EMBRACE THE STRUGGLE

The harder you work to connect with and interpret new information, the deeper you understand it and the better you retain it. So dive into those role playing, quizzing, and problem solving exercises—you'll learn more!

3. RETRIEVE IT TO RETAIN IT

Review your notes within a day or two of training, and create your own flashcards or quiz questions tied to key concepts. Then use these once a week to strengthen your understanding and retention of key concepts.

4. SHARE WHAT YOU LEARN

One of the best ways to deepen learning is to explain new concepts to your peers or your supervisor. Talk about the implications and barriers!

Learn Well.



Do Well.