

Ham 5 - Learning How to Learn. It is work, but it works.

Ain't Nobody Got Time for That

Dr. Marc Durham, PhD, ThD © 220404

1. First, let's talk about golf.
 - a. *Pro* is a golfer who is skilled and paid for his/her golfing abilities.
 - b. *Amateur* is skilled enough to play with pros, but is unpaid as a golfer.
 - c. *Duffer* is someone who has a golf club, may know where the course is, but is not allowed with the big boys.
2. Now, let's talk learning.
 - a. *Pro* is a student who learns how to learn, becomes skilled and is paid well for his/her education.
 - b. *Amateur* is a marginal student who struggles but gets by, has marginal skills and is paid below his/her potential.
 - c. *Duffer* is undisciplined, unmotivated, and blames others. I can't. Never makes the cut. Flunks out. Quits. Says "I tried that once, but not for me." Does not realize everyone else thinks to themselves, "Because you were lazy."
3. Learning is less about facts. The facts have been there. The facts won't change. Learning to learn is more important. Learning is how to move the facts through your brain to your memory.
4. What is the difference in a person with a PhD (or any other measure of success) and everyone else?
 - a. Not good looks, not intelligence, not what you feel.
 - b. One word, Perseverance: Keep doing it as long as it takes.
 - c. One focus, PMA: Positive mental attitude. I can, I will, I did by the help of God.
5. The process of learning is mathematical.
 - a. Inputs for learning: Hear, See, Do.
 - b. Confucius say: "I hear and I forget, I see and I remember, I do and I understand."
 - c. Dr. Mehrabian found the importance of learning cues: Verbal (what) 7%, Vocal (how) 38%, Visual (who) 55%.
 - d. We remember: 10% of what read one time, 20% of hear, 50% of see & hear, 70% of say, 90% of read, hear & do.
6. Repetition: the number is seven.
 - a. This is because of the natural exponential decay of everything.
 - b. 1 time, you get some words but quickly forget. 2 times, you grasp a few concepts. 3 times, you understand about 50%. 5 times, you know about 90%. 7 times, you own 99% right now.
 - c. Memory is displaced by new experiences. To keep it, you must do the skill or reread periodically.
 - d. Muscle memory is when you no longer think about it, but you just do it. Oh, that is about 7 times.
 - e. What is the difference in a star athlete, star musician, or star scientist?
Plan. Do it more than anyone else. Tweak & repeat.
7. Lectures: Learning general information for later application.
 - (1) Listen as introduction. (2) make notes as you listen [see]. (3) work problems at least three times [do]. (4) make 5x7 note card with all necessary info on front and back and all 4 edges. (5) now get outside input, do joint session with buddies, fills in stuff you did not catch, (6) refine or remake 5x7 note card. (7) read dang card out loud.
8. Rote: Learning when questions are known.
 - (1) Read as an introduction to something you don't know, take your time, but do not try to memorize yet. (2) Read again to begin understanding. (3) Read again and (4) take notes of questions that do not make sense. (5) Visit with mentor/buddies/another source to fill in stuff you did not catch. (6) Read again out loud. (7) Read again quickly, spending little time on what you know and more on what are challenges. You have it!
9. Write: Learning when you want to have a future record.
 - (1) Idea, what am I curious about? (2) Read multiple times or sources and mull over. (3) Make cryptic notes when read and mull. (4) Arrange notes or ideas in my order in a preliminary sketch. (5) Make a semi-final document, with a short size limit: Generally, one page. If a column, two-pages. (6) Leave it for a while, then read out-loud. (7) Tweak. Send it.
10. Why believe me? My wife says I went to school until I discovered they would pay me for it. Professor Emeritus.
Multiple degrees in science & theology. Written 22 books, 200 professional articles, myriad newspaper columns.
11. Two of our books provide much more information, if you are intent, curious, or are an over-achiever.
Leadership and Success in Relationships and Communication, ISBN:9780971932441
Things to Know, but Were Not Taught in School: Seniors Guide to Grandchildren, ISBN: 9781095414422