

Mindshift: Break Through Obstacles to Learning and Discover Your Hidden

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Old or young, you may feel like you have a childlike incompetence when you are switching disciplines. This is typical. But keep in mind that the feelings of incompetence will gradually pass—and the power you possess by virtue of your willingness to change will be invaluable.

For Ali, it began to be a familiar cycle, bringing back unpleasant feelings from his battles in the past with STEM subjects: Start with enthusiasm Make good early progress Hit a steep learning curve when things are moving too fast Compare himself to others who are progressing much faster Begin to feel deflated and find excuses to procrastinate Revisit after a while, only to find he had forgotten most of it and was back at square one.

I have a Pomodoro app on my phone. This allows me to work in twenty-five-minute bursts, followed by a five-minute break. This simple technique is incredibly effective in helping me focus on process rather than results. The feeling of achievement after having completed my planned daily number of Pomodoros is very gratifying. I'm not perfect, but looking at my Pomodoro app stats over many months, I've consistently been waging a successful war against procrastination.

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Giving myself a preview of the lesson, key concepts, and summary primes my brain for what is ahead and is like a set of support rails that frame my study sessions. Learning a new concept and then closing my eyes and recalling what I have just learned leaves me with no hiding place. I can't fake it anymore. If I've truly grasped it, I'll be able to recall it. If not, I go again.

I've gotten into the habit of thinking about the new concepts I have learned just before going to sleep. This isn't a focused study session (or I'd never fall asleep), but rather a relaxed version of recall. I think of it as "softly opening the door to my diffuse mode." At least twice in the last couple of weeks, I've had moments of clarity when some difficult concepts hit me in the morning.

He says, "I'll soon turn thirty-two. It's clear that the best way for me to be successful is to focus on my strengths, while carefully choosing the weaknesses I want to work on.

There will always be somebody out there who is better than you at something you want to do. You must realize that you are on your own journey, on your own path, and you are being the "best version of you" rather than a bad version of somebody else. It's normal to compare yourself to your peers;

The best bit of advice his coach gave him was: “The past is the past. You can’t change that. What you can control is your attitude on the next shot. The only thing in the world that matters right now is the next shot.”

The abstract nature of so many business classes doesn’t train the right habits of mind for building something from nothing, which is often just the unglamorous slog of solving boring little problems each day compounded over time.”

Assistance that makes things too easy, in other words, can backfire and stifle internal drive.

The best nurturing for gritty people, Duckworth finds, includes both tough and loving relationships.

As Joan McCord’s work shows, sometimes we can feel so certain that our approach is correct that we don’t examine other possibilities. Part of learning well is being able to remain open to others’ ideas and to intentionally work to create situations where we can discover whether we are wrong.

May Ng later points out, not to a safety net, but to a springboard.

The approach we take is more like a trampoline. People may have to bounce down as they gather and prepare themselves, but ultimately, using their own strength, they can bounce high.”

The Singaporean approach is not just about having a vibrant economy—it’s about having and creating good jobs.

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One of Adam's most powerful tricks is reframing. He makes a practice of seeing problems as opportunities—seeing how to transform a liability into an asset. He loved Steve Jobs' reframing of his firing from Apple. As Jobs put it: "Getting fired from Apple was the best thing that could have ever happened to me. The heaviness of being successful was replaced by the lightness of being a beginner again."¹²

A recent neuroimaging meta-analysis analyzed what is termed "cognitive reappraisal of emotion"—that is, reframing.¹³ The study revealed that finding positive ways to think about a negative occurrence extinguishes negative emotions arising from the fight-or-flight center of the amygdala. For example, an alarming picture of someone bleeding can be cognitively reframed as "that's just a movie, and they're using ketchup." Or negative feelings about an illness can be reframed into something more positive by focusing on how that person will get better. Reframing is such a powerful approach that it lies at the heart of the cognitive behavioral therapies used to treat depression, anxiety, and other psychological challenges.

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BrainHQ,

Adam seems to have a poor working memory. But his poor working memory forces Adam to simplify concepts and to focus on the central aspects of any situation. It can take him longer to figure things out, but in the end, he understands clearly, deeply, and simply. His poor working memory forces him to discover simpler ways to grasp concepts, ways that are often missed by the seemingly more intelligent. Adam’s comfort and familiarity

“Foundations of Teaching for Learning.” She thought that was a good class, too.

However, the MOOC “Teaching Character and Creating Positive Classrooms,” by Dave Levin of the Relay Graduate School of Education,

The great thing for learners is that MOOCs compete with one another. All you have to do is go to an outfit like Class-Central.com, which analyzes and compares MOOCs. You can pull up their ratings to find the best MOOC on negotiation, public speaking, organic chemistry, or what have you. It can also be fun to read the reviews, which sometimes seem like they’re straight out of Rotten Tomatoes.

For example, take Dhawal Shah, the founder of Class-Central.com, a website

How Great Salespeople Are like Great Teachers Salespeople are also teachers, and time is of the essence. If a prospective client can't quickly grasp what it is you are selling and how it will help them, you don't make the sale and you don't eat. This is especially challenging when you are selling complex technical products and services. We spent hours coming up with metaphors to more quickly and concisely explain our offerings. Imagine if teachers had that kind of moment-to-moment pressure about their students' understanding.

The first is to realize that mindshift—deep changes in life that occur through learning—is something that can be done at any age, with any goal in mind.

Part of the challenge with mindshift is that, early on, most of us aren't taught how to learn.

We tend to forget that some things take longer to get good at—and as we do get good, those things can, in turn, become new passions.

This feeling that learning is annoying, to be done only in response to being prodded, isn't seen just in horses—it's in people,

Well, doing the job with a bad attitude isn't quite the same as doing the job. Louise notes that "Attitude trumps everything. You have to be very conscious of what you are rewarding."

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Specs now had the ability to control his environment in positive ways and get rewarded for it.