

Build Your Knowledge Bank

GoSkills online course syllabus

Skill level

Beginner

Lessons

12

Pre-requisites

No prior experience needed

Video duration

23m

Estimated study time

23m 49s

Instructor

Asfa Malik

Introduction

- 1** Unlock the secrets to lifelong learning
It's time to get over your learning rut.

Build Strong Learning Habits for Success

- 2** Recognize hidden learning roadblocks
Poor learning outcomes are often caused by invisible habits and beliefs.
- 3** Overcome the fear of forgetting
Forgetting can feel like failure, but it's a natural part of learning.
- 4** Adopt micro habits for lasting results
Big improvements in learning come from small, consistent changes.
- 5** Eliminate distractions for deep focus
Distractions are one of the biggest barriers to effective learning.

Increase Knowledge Retention for Deeper Learning

- 6** Apply the spacing effect to boost memory
Cramming doesn't work for long-term retention.
- 7** Use analogies to simplify complex ideas
Complex ideas can feel overwhelming without a framework for understanding.

8 **Develop a personal knowledge management system**
Organizing what you learn is critical for long-term retention and application.

9 **Practice retrieval for deeper learning**
Passive review won't help you retain information.

Apply and Expand Your Knowledge Bank

10 **Teach others to deepen your understanding**
Teaching others is one of the most effective ways to solidify your understanding.

11 **Stay curious to fuel your growth**
Learning isn't a one-time event—it's a lifelong journey.

Conclusion

12 **Create a lifelong learning blueprint**
Thanks for watching!

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