

Keep Learning

Five Ways to Wellbeing



“Develop a passion for learning, if you do you will never cease to grow.”

Anthony J.D Angelo

in a recovery context

- Recovery is a process of learning, growth and healing.
- Our failures are events, not reflections of who we are. And all events invite us to learn.
- Develop a growth mindset. Reframe challenges as opportunities to learn. Face insecurities and frustrations.
- Recovery Colleges gives individuals a valued role as a student rather than as a patient.

Think about a time in your life when you felt confused and frustrated, and how persisting through difficulty helped you improve more than sticking to what you already knew.

Spend a bit of time thinking about what it was like for you, your thoughts and feelings across the time.

For example, reflecting on:

- Why did you persevere with it?
- What was the value of challenge?
- What did you learn about yourself?

Positive feedback loop



Turn stumbling blocks into steppingstones.

*“When you have finished
changing, you’re
finished.”*

Benjamin Franklin

Activity:

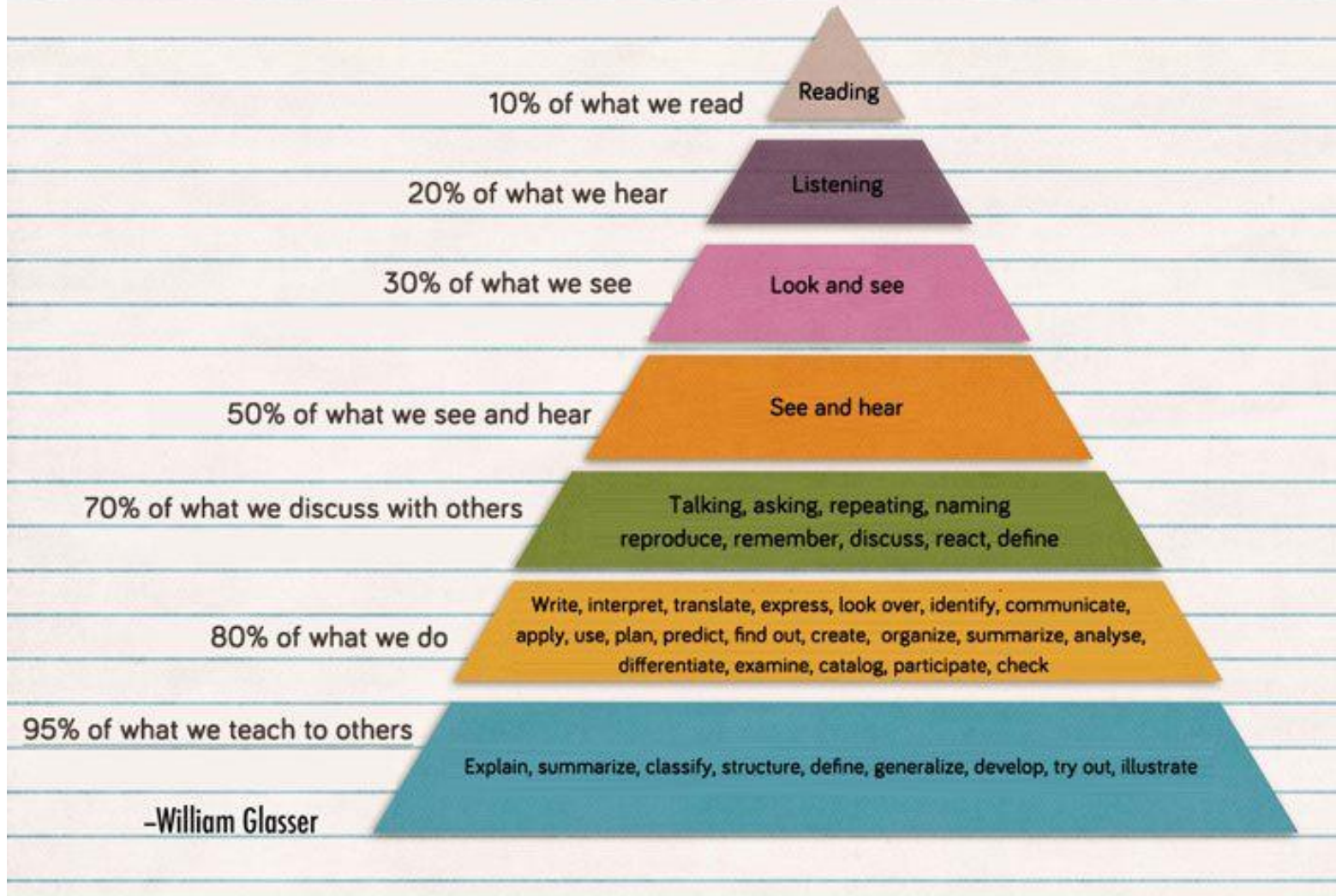
- 5 things you want to learn.
- 3 things you can teach others.
- 1 lesson you have learned that you would like to share with someone younger than you.

“Acquiring knowledge and skills and having them readily available from memory so you can make sense of future problems and opportunities.”

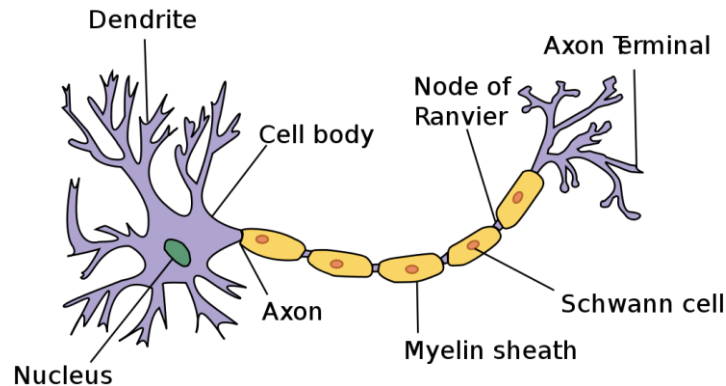
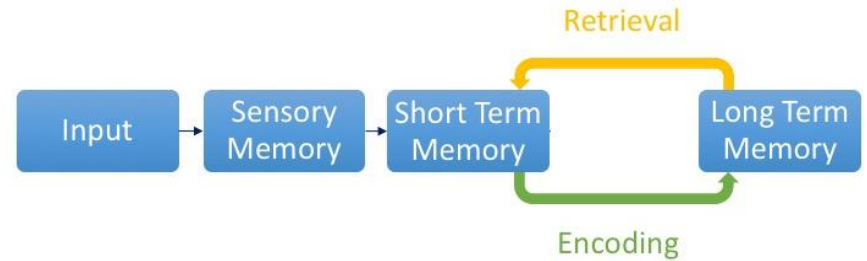
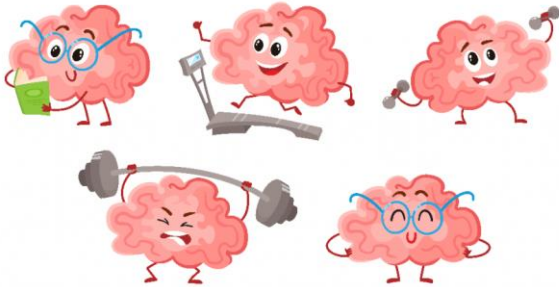
Consider the following questions:

- How do people learn?
- How can we learn more?
- What gets in the way?
- Does it really matter what mindset we have?
- Are mindsets changeable?
- What do you think working hard really means?

How Do We Learn?



"Tell me and I forget, teach me and I remember, involve me and I learn."



*Neurons that
fire together
wire together.*

- Learning often requires struggle. **Desirable difficulty.**
- When learning feels easy, that means it's unlikely to lead to long-term retention.
- Reaching into long-term memory and reconstructing a concept feels hard, because your brain is forming new neural connections and deepening its knowledge. Learning is deeper and more durable when it is effortful.
- **Retrieval practice** - recalling facts of concepts or events from memory - is a more effective learning strategy than review by rereading.
- **Spacing** and **interleaving** learning produces longer lasting learning. Spacing out practice builds your brain's ability to recall knowledge in the long term and leads to better retention. In a similar way, when different topics are mixed together during practice, the brain needs to spend more effort to discriminate between skills in addition to recalling them.
- **Elaboration** is the process of putting ideas into your own words and explaining your thinking about it.
- **Generation** is the act of trying to solve a problem or answer a question before being taught how to do it.

"If you don't sweat it, you will forget it."

STRENGTHEN A DENDRITE!

Self-quiz. Space out practice. Create a metaphor, visual image, or mnemonic. **MAKE CONNECTIONS.**

Vary your practice problems. *Explain to a friend.* ATTEMPT TO SOLVE A PROBLEM BEFORE BEING TOLD THE SOLUTION.

Summarize new material. **TAKE A WALK.**

REFLECT ON YOUR LEARNING. Calibrate your knowledge. Create your own test questions

before and during the unit. Get enough sleep.

Make mistakes. *Learn from them.* **THINK!**

Don't Just

“Don't just learn, experience.
Don't just read, absorb.
Don't just change, transform.
Don't just relate, advocate.
Don't just promise, prove.
Don't just criticize, encourage.
Don't just think, ponder.
Don't just take, give.
Don't just see, feel.
Don't just dream, do.
Don't just hear, listen.
Don't just talk, act.
Don't just tell, show.
Don't just exist, live.”

Roy T. Bennett, *The Light in the Heart*

Never stop
learning, because
life never stops
teaching.

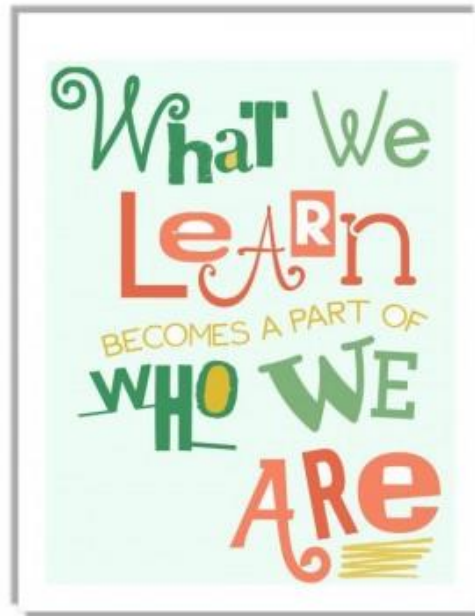
© LIN PERNILLE



If you are not
willing to learn,
no one can help you.
If you are
determined
to learn,
no one can
stop you.

The capacity to learn is
a *gift*; the ability to
learn is a *skill*; the
willingness to learn is a
choice.

Brian Herbert



ORIGINAL WORDS + DESIGN © 2013, KATHY R. JEFFORDS

Make
T  **DAY**
the day to
LEARN
SOMETHING

NEW