

TEACH YOURSELF TIPS

EPIC GOALS

Go beyond S.M.A.R.T. Goals and use T.E.R.M.S. instead.



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RESOURCES WITHIN REASON

It's easy to get overwhelmed by too much to read. Pare things down using the tips in this article.

OFFLINE SPACED REPETITION

Although software programs might be convenient, consider using older tools like flashcards.

ACTIVE LEARNING

Instead of highlighting, take effective notes and embed your learning in questioning, communicating and debating.

USE SEARCH PROPERLY

Struggling to find good resources is easy to solve. Read the full post for the ultimate search hack.

FACE CHALLENGES UPFRONT

There's an old Stoic technique where you imagine everything that can go wrong. Very useful for being prepped with alternatives when obstacles arise (and they will).



ETHICAL STUDYING

Always cite your sources. You'll need them later. For your benefit and for others.

EMBRACE FAILURE

Mistakes are always opportunities to learn.

BE ADAPTABLE

Drop the "all-or-nothing" impulse we all have and make changes to your plans where necessary.



Teach Yourself To Think

J Spring



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https://ftp.thebrandexperience.com/About/book-search/Documents/advanced_nutrition_guide.pdf

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