



Take a Learning Journey

This document accompanies the book *Wired to Grow: Harness the Power of Brain Science to Master Any Skill* by Britt Andreatta, MA, PhD.

Introduction

Before I wrote this book, I taught this content through workshops, keynote presentations at conferences and corporations, and an online training course on Lynda.com. In a live presentation, I model these concepts so participants get the most out of the experience. I'd like to replicate that for you here, so pick something that you'd like to learn. It could be something you are currently learning, or something you want to learn in the near future. It could be a new professional skill, like public speaking or mastering unfamiliar software. Or it could be something personal like playing an instrument, speaking a new language, or dancing the tango. The only requirement: it should be truly meaningful to you. Write it here.

Phase 1—Learn

How might you design your learning experience to work with the hippocampus?
How can you enhance your focus when you work on the thing you want to learn?

If you were to design your learning in fifteen- to twenty-minute segments with processing activities, what would that look like? Sketch out your plan here.

What levels of Bloom's Taxonomy will you need to explore? And how can you design a learning experience that tends to the four quadrants of Kolb's Learning Cycle?

How can you use handwritten notes and doodling to maximize your learning?

Phase 2—Remember

Take a few minutes now to consider how you can harness the power of the five types of connections. Look at the thing you want to learn and consider how you might play with each of them.

- **Metacognition:** How can you use reflection, assessment, and thinking about your learning?
- **Wordplay:** How can you use word play to make what you want to learn memorable?
- **Insight:** How might you intentionally experience *aha!* moments that will permanently shift your perspective?
- **Social:** How can you make your learning a social experience, (such as learning alongside or with other people), or include social elements, (such as talking about learning or sharing with others afterwards)?
- **Music:** How might you use the power of music to make what you want to learn more memorable?

Choose two to try and identify how, specifically, you will use them in the next two weeks.

Take a few minutes now to consider how you can utilize slightly positive emotions to enhance your learning. Look at the thing you want to learn and consider how you might use each of the following tools.

- **Sharing with others**
- **Light competition and quizzes**
- **Games and playfulness**
- **Humor**
- **Application and reflection**
- **On-demand learning**
- **Insight**
- **Gratitude**
- **Mindfulness**

Again, choose 2-3 and identify how, specifically, you will use them in the next few weeks.

Phase 3—Do

Habit design also applies to the thing you want to learn. Be intentional about building the right habit from the start and giving yourself the rewards that will keep you motivated when it's challenging. Consider these questions:

- **Cue:** What can you use as the cue or trigger to start the routine?

- **Routine:** Identify, specifically, the behaviors you need to do to be successful at that activity. How might you break it into small, infallible baby steps, so that you can build the neural pathway correctly?

- **Reward:** How can you give yourself meaningful rewards?
- **Repetition:** How can you create enough repetitions to quickly get to forty or more?

Learning Design

If you are involved in helping others learn (perhaps as a manager, educator, parent or health care professional), consider how you can use the following learning strategies to help others learn more effectively.

1. **Work with the brain to create learning.**
2. **Start with the habit you want to create.**
3. **Become the guide on the side.**
4. **Create opportunities for insight.**
5. **Use the magic of 3.**
6. **Blend learning elements together.**
7. **Flip the classroom.**
8. **Continue to learn about the brain sciences.**

As we conclude, look over your notes from applying the concepts in this book to the thing you want to learn. You should now have a robust learning plan for yourself that will harness brain science to master this skill. It may take a little time, but with retrievals and repetitions, you can learn and improve. Take a moment to finalize your notes and create an action plan that will unfold over the next four to six weeks. Thank you for taking this learning journey with me.