

Art of Learning

As children we learn by experimentation. It is effortless and fun.

We learn about whatever interests us. So if you realize what is interesting about something you are away on the learning process!

Our ability to learn is affected by our mental, emotional/physical state.

Michel Thomas (language expert) encourages comfort and no fear, no internal repetition or rehearsing and no trying to remember.

The initial input is best if it is vivid.

Repetition of the input and connections with the information aids recall.

If you are told something useful by your weekly teacher your habit of not listening in an ideal way might stop you from hearing the advice. The same advice could be given by a 'big name' in a masterclass; that would be much easier to hear if you are impressed by the big cheese. We need to find a way of hearing what we need to hear.

It is necessary to change to improve a skill. You will often have to identify the old thing to stop doing to allow the new to be possible.

Progress in learning is often prevented by a mental or emotional/physical barrier.

We feel secure with what we already know or our habitual patterns. We need to feel safe when doing something new or unknown. 'Safe uncertainty'. Change your rules of engagement with the subject, reframe the problem, play a different game.

The primary control has a profound effect on our ability to learn.

Our visual mechanism has a profound effect on the learning process.

If you are working with a teacher you will learn more if you are present with them. In a group with a teacher, be present with everyone.

Learning situations are happening all the time. We almost certainly learn more when we are not in lessons than during those brief expensive encounters. However, some lessons are exceptional.

To change, we have to be ready. Learning how to be ready is part of the Alexander Technique. We need to find that neutral openness so our 'opinions' don't close the door on the opportunity.

Testing our ideas in company (a group) is very productive.

Being passive is sometimes ok.

Ask yourself when you learn most easily.

When is it difficult?

Bring all your senses to the learning process.

Have as much fun as possible.

Live the new experience as vividly as possible and share it.