

- **Five great ways to improve learning at any age**

In the past, we might have had the idea that learning is something that occurs during the earlier stages of life, and finishes when our formal schooling ends. Now we know that this is far from true - learning really is a lifelong process. Here are some tips to help you improve learning, whether formal (at school) or informal.

1. To improve learning, keep in mind that the one benefiting from your learning is you. Tell yourself every day that this is true; keep this idea foremost in your mind. Why? We all learn and work better when we are motivated, and our own well-being is one of the most powerful motivators. If you tell yourself that learning is work that you undertake on your own behalf, chances are you will have a positive attitude toward the work.
2. Repeat what you have learned. To improve learning, keep in mind that hearing or reading something only once is very seldom enough. If you learn something in class, repeat it to yourself later in the day, or write it down. This helps you to form pathways in the mind that will allow you to access this information whenever you need it.
3. Ask questions. This is a way to improve learning by making the material you have learned your very own. People learn in different ways, so in a school or work setting, those in charge have to decide on a method that will work for most people. If it doesn't work for you, it doesn't mean that you lack the capacity to understand what is being taught. It just means you have to approach it in a slightly different way.
4. Talk about what you have learned. When you learn something in school or on the job, be sure to talk about it with your friend, family and colleagues. This is a very potent way to improve learning, because we all remember things better when there is repetition. Also, the very act of explaining something to others can improve your own understanding of it a great deal.
5. Take care of yourself. Finally, one of the most important ways that you can improve learning is by taking care of your physical wellbeing - get enough rest and exercise, in other words, and take care of your health. If you do so, you will have the mental clarity necessary to learn almost anything that is required.

By **Robert Kokoska**