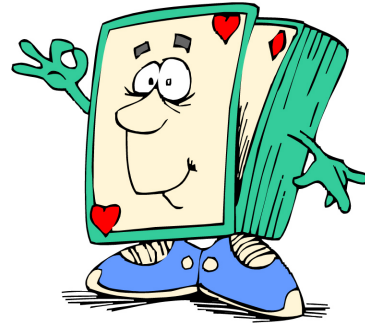


Pocket Cards (Set 2): 10 Easy Ways to Enhance ANY Learning Experience!



Perhaps you're planning to attend a class, training, or webinar. Or maybe you've signed up for a conference. Or you might be going to a "meet-up," where people who are interested in the same hobby as you meet and share information. And now you're asking yourself: *"How do I maximize the learning so that I'll be able to remember and use the new information or skills from this learning experience?"* The answer to this question is simple: Use Pocket Cards!

What are Pocket Cards?

These are small colorful cards that contain short, easy tips to help you get the most from any learning experience. Each card contains one suggestion to enhance learning – whether you're attending a conference, a class, a webinar, a training, or a meet-up. Each suggestion is based on current brain science about how the human brain learns best. Think of each card as a tiny dose of brain power that you can use any time and any place to increase your ability to learn, remember, and use new information or new skills. Over time, these little tips add up to a LOT of learning!

Benefits of Pocket Cards:

If you use these tips during a new learning experience, and repeat them weekly, you'll quickly move new content or skills into long-term memory. In essence, you're building a multi-sensory, collaborative learning experience that uses "spaced practice" – all crucial components of memory-formation.

How to Use Pocket Cards:

Print the single sheet of 10 cards from the second page of this document. Use cardstock or other thick paper to make the cards more durable. Laminate the cards, if you wish. Then cut out the cards and tuck them into your pocket, wallet, or purse.

During the learning experience you're attending, take out the cards and choose the ones that offer suggestions about what to do while the class, training, webinar, or meet-up is going on. Put these cards where you can see them and refer to them as needed. Later, when the learning experience is over, use the rest of the cards to remind you of ways to do "spaced practice" – revisiting what you've learned so that you can remember it longer.

You can also use these Pocket Cards when you're studying something on your own (self-study or "asynchronous learning," as my techy friends call it). They are handy reminders of ways to enhance ANY learning experience, whether with other people or by yourself. Share these Pocket Cards with your own family members, friends, colleagues, or (if you're a teacher or trainer) the participants who attend your classes and training programs. Enjoy the learning!

Open Your Mind

Say to yourself: "This is interesting. I wonder if ... I wonder why ... I wonder how I can use this ..."



Stretch and Move

At least every 20 minutes, stretch in place or stand and move in order to get more oxygen to your brain.



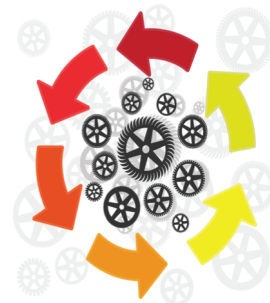
Reserve Judgment

Absorb the new content and practice the new skills. Take it ALL in and then decide its usefulness.



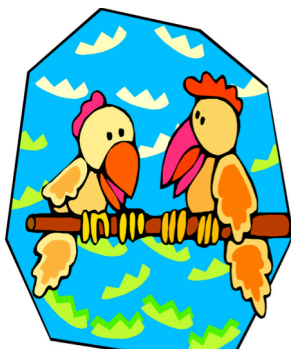
Repeat to Remember

Summarize the content in your own words, both verbally and in writing. Do this often.



Make Connections

The people you're learning with are just as important as the content/skills you're learning about.



Build a Community of Practice

Stay in touch with your learning community to reinforce content/skills.



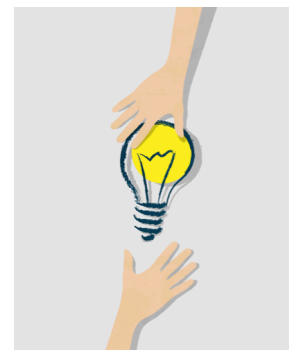
Keep a Learning Log

Write it down. Sketch it. Then revisit often what you've written and sketched.



Teach What You've Learned

Tell and show colleagues and friends what you've learned. You master what you teach to others.



Explore Resources

Explore at least one new resource each week that has to do with the content or skills you've just learned.



Take what you can use and let the rest go by!

