

MINDSHIFT:

AN INFOGRAPHIC

A Mindshift is a deep change in one's life and way of thinking that occurs due to learning. It leads to the realization that you can learn and do way more than you think. By adopting a learning lifestyle and broadening your passions, you can unlock your full potential and reach new levels of aptitude.

1 TWO LEARNING MINDS

Some brains are like race car drivers that speed to conclusions, while others are like hikers that slowly approach understanding. Hiker brains often pick up on things that race car drivers miss, and may learn subjects more deeply.



2 MASTERY LEARNING

Even though people learn at different rates, classrooms often proceed at a fixed pace. However, almost everyone can reach a level of mastery in a given subject with enough time and effort.



3 ACTIVE LEARNING

Highlighting and re-reading don't help learning stick. Engaging in the task you want to learn, testing yourself, and consciously taking in feedback all contribute to better results.



4 ENVIRONMENT

Our environments have a profound impact on the way we think, behave, and learn. Quiet spaces are conducive to focused mode work, while noisier places like cafes can promote more diffuse mode thinking.



5 BROADEN YOUR PASSIONS

The advice "follow your passion" often translates to "do what you excel at". Instead, it's best to develop and broaden your passions. If you are an artist, try learning a different yet complementary skill set like coding or math. You will be more flexible, and have greater career opportunities.



6 WORKING MEDITATION

Fixing your attention on something in focused mode can lead to experiencing more positive emotions, like contentment and calm. The Pomodoro technique is a great way to enter focused mode—it's like working meditation.



7 DELIBERATE PRACTICE

This form of practice is the effortful rehearsal of a small slice of a skill or ability, just outside of one's comfort zone. Deliberate practice is highly effective at forming and consolidating neural chunks that can be quickly accessed when they are needed.



8 FIND YOUR MENTOR(S)

Mentors play a valuable role in the learning process. A mentor can simply be someone who inspires you to think in a certain way, or follow a different learning path. You don't need to meet your mentor in order to be influenced and guided by them.



9 WEAKNESSES CAN BE STRENGTHS

Your bad traits can sometimes be your biggest assets. Having a poor working memory can mean that you are more creative and capable of finding shortcuts. Worrying may help you anticipate future scenarios and prepare for a range of possible outcomes.



10 REFRAME

Being able to reframe obstacles in positive ways is like a superpower. When you shift the meaning of an experience—however painful it was—you can turn it into a lesson or an opportunity. Labelling negative states is a great reframing strategy, and shifts activity from the emotional part of the brain to the rational part.

