

# How To Learn Anything

## Tangen's Tips for Learning Facts

Unintentional vs. intentional learning

Facts: names, places, things. Lists.

1. How long do you want to remember it?
2. How many things in the list?
3. How difficult are the items?
4. What is its structure?
5. Is the order changeable?
  - Chains (forward and backward)
  - Best configuration
6. How is it tied to other information?
  - meaningful to you
  - categories (look for patterns)
7. What are the conditions for retrieval?
  - recall vs recognition

## Plan

Teach others, write it down, say out loud, repeat

Short distributed sessions

Visualization (interactive images)

Retrieve often; retrieve in order

ABCDE SHOWS

## Tangen's Tips for Concepts

PLUS

Perception = bidirectional processing

Logic = articulated rules

Algorithms - formulas that always work

Heuristics - fast rules that mostly work

Procedures - do this then that

Categories - what belongs together, what not

Universals (beliefs, principles)

Concepts - abstract rule (golf)

Schemas = packets of practical knowledge

mental representation built up over time

evaluate new objects by how closely relate to stored

revised as needed

assimilation - more info on card

accommodation - new card

Types

Person - what people are like

Self - what I am like

Scripts - social activity; events

## Tangen's Tips for Changing Behavior

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### BEHAVIOR ANALYSIS

1. Is it voluntary?
2. Is the organism capable of doing it?
3. Is it cyclical? (argument)
4. How important is it to change this behavior?
5. How often does it occur now? (tracking)
6. Can organism watch someone do it? (model)
7. Can it be broken it into parts (specific (not vague)
8. Is it a behavior you want to Increase frequency (not decrease)
9. Which behavior are you going to start with (target)

### CRITERIA

When do you want it to occur?

Is it to be performed on-cue?

Can you fit it into current schedule? (brush teeth)

How often want it to occur?

What does success look like? (fluid, fast, accurate)

What signals success?

### PRICE

What behavior are you willing to give up? (what replace it with)

How much are you willing to pay? (size of reward)

### REWARD

What current rewards are maintaining the behavior? (functional analysis)

Which rewards do you control? What rewards are outside your control?

What reward will you use (no punishment)?

How could make the behavior more enjoyable (rewarding)? (read to dog)

What is the size of your reward?

What is the likelihood of receiving your reward?

### PLAN

Shape behavior (successive approximations)

Make reward contingency of doing behavior (likelihood of reward)

Short, distributed sessions in varying settings

Teach behavior, then cue

Positive reinforcement

Click once

Shift from continuous reinforcement to partially reinforced