

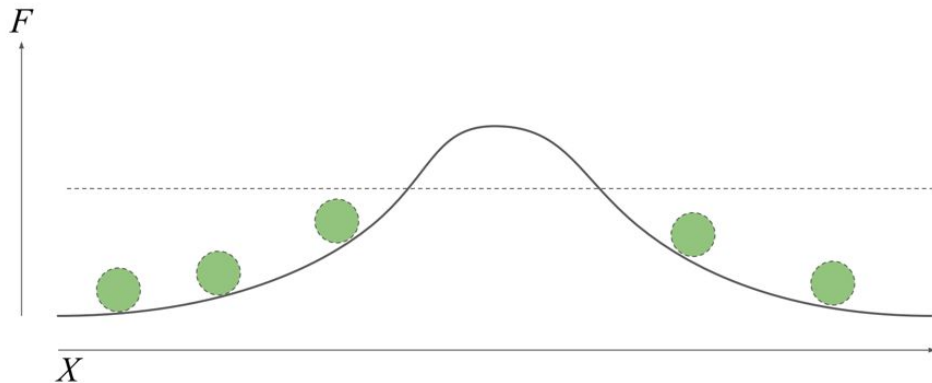
# Learn how to learn how to learn, and other super meta things

By Alex Dougal



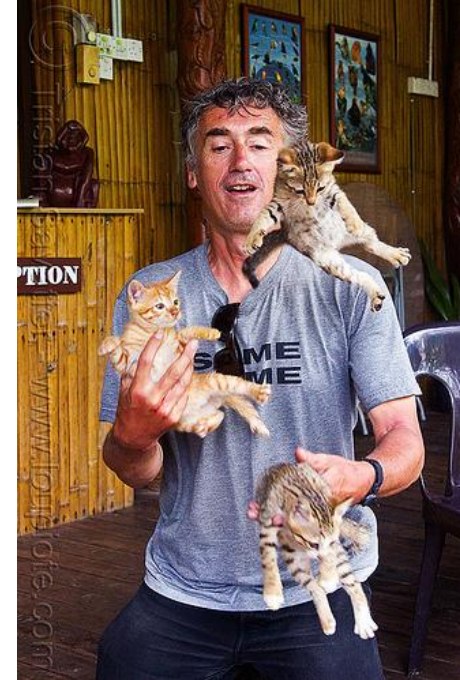
# Different types of skills and how to learn them

- “Ah-ha! Gotcha” moment type skills - These include a lot of abstract mental concepts. Things such as:
  - Theoretical math/science - Most biology concepts, non algebra chemistry/physics concepts (like Tripp’s awesome 5MT on quantum physics and how we can make it to the other side of the mountain without ever drilling through or walking over)
  - Some language stuff - specifically **gram**
  - First learning a habit



# Motor neuron skills

(and whatever the mental equivalent of a motor neuron is)

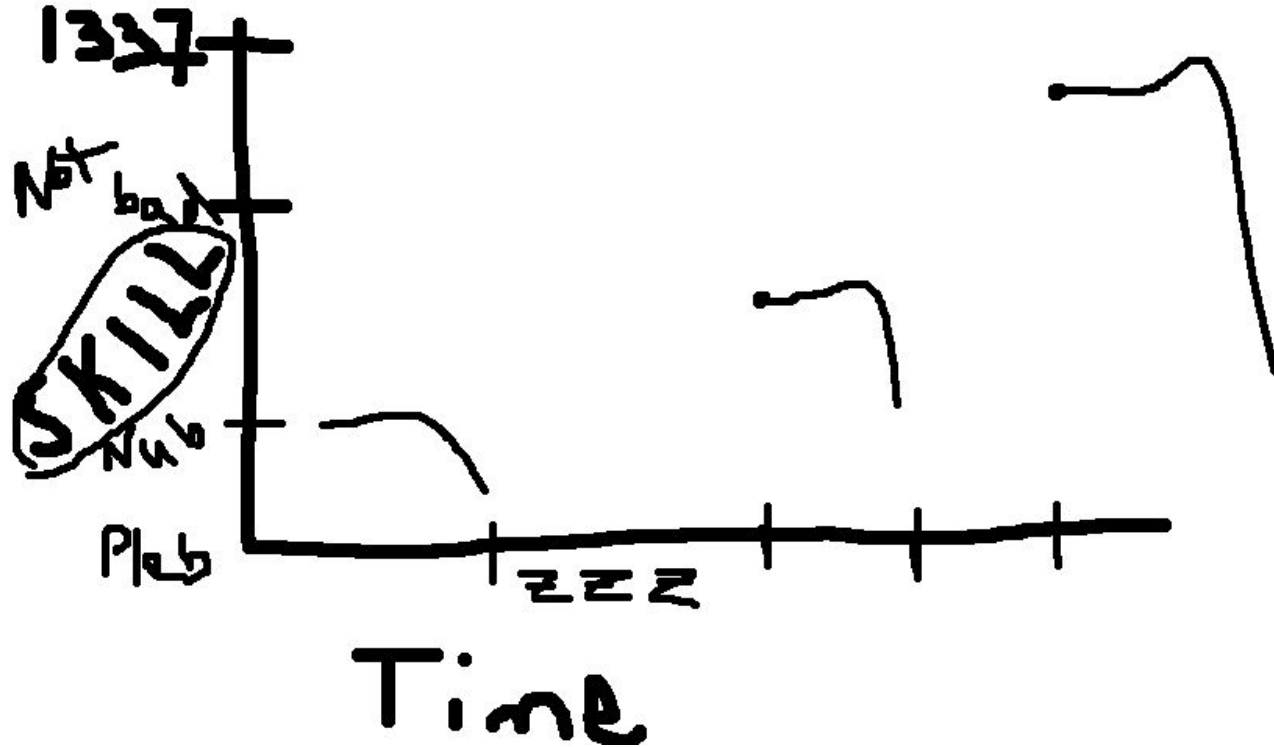


## Examples:

- My pencil flipping tricks, juggling, riding a bike
- Vocabulary/memorization part of language learning
- Process learning skills such as changing your oil, starting up Armadillo locally (sorry just venting), or cleaning your room
- A lot of physical skills - Particularly physical skills with fine motor neurons - writing, painting, throwing a frisbee, piano
- This is otherwise known as “Learning to play the guitar” skills - Since I know that’s what you’re all interested in....

PREPARE FOR COTTER-STYLE IMAGE

How it feels learning a motor neuron skill



# How do I learn the guitar? (or a language)

Step 1: **FALL IN LOVE WITH THE LEARNING PROCESS**

Step 2: Do it every day. And I mean every day. Like every day. (If you don't want to do it every day, you haven't fell in love with the learning process yet)

Step 3: Find someone who knows what they're doing and talk to them (yay reddit)