

Learning to learn toolbox

3. Identifying barriers to learning

Limited attention span

Break Tasks into Smaller Steps

Large tasks can feel overwhelming and drain focus. Break them into small, manageable steps that allow you to feel accomplished at each milestone. This keeps your motivation up and focus more sustainable.



Set Specific Goals and Timelines

A clear goal with a deadline gives you something concrete to work towards, helping you remain focused on the end result rather than getting distracted.

Time doesn't seem to be enough

Use Microlearning Techniques

Break down larger topics into smaller, digestible parts you can study in short bursts. Even a 10-minute session can cover a small concept or a few flashcards, making it easier to make progress consistently.

Practice Active Recall and Spaced Repetition

Use active recall (testing yourself on what you've learned) and spaced repetition (reviewing information at increasing intervals). Both techniques make learning more efficient, helping you retain information with less time spent on review.



Lack of self-confidence

Embrace a Growth Mindset

Remind yourself that learning is a journey, and every mistake or struggle is an opportunity to grow. When you view challenges as normal parts of learning, it's easier to build resilience and focus on progress over perfection.

Avoid Comparisons

It's easy to feel discouraged if you compare yourself to others. Instead, focus on your personal learning journey. Each person's pace is unique, and your own improvements—no matter how small—are worth celebrating.



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Learning disability

Use Assistive Technology

Many tools are designed specifically for different types of learning disabilities:

- Text-to-Speech Software: Useful for those with dyslexia or reading difficulties (e.g., NaturalReader, Speechify).
- Speech-to-Text Software: Helps with writing tasks by allowing you to speak your ideas (e.g., Dragon NaturallySpeaking, Google Voice Typing).
- Graphic Organizers: Tools like mind-mapping software or visual aids can help with organizing information.

Fear of failure

Reframe Failure as Feedback

Treat every setback as a form of feedback. Ask yourself, "What can I learn from this experience?" This mindset turns failure into constructive insight, helping you make adjustments and come back stronger next time.



Take Breaks and Practice Stress Management

Fear of failure can be emotionally taxing, so it's important to take breaks and manage stress. Practice activities like mindfulness, deep breathing, or physical exercise to keep stress levels in check, which can help reduce fear and anxiety around learning.

Negative Past Learning Experiences

Create a Supportive Learning Environment

Surround yourself with supportive people, whether friends, mentors, or study groups, who encourage you rather than judge you. Having people who celebrate your efforts and provide constructive feedback can make learning feel less intimidating and more motivating.



Reward Progress, No Matter How Small

Recognize and celebrate even minor progress. Positive reinforcement helps your brain associate learning with a sense of achievement, gradually creating more positive feelings about the process.