

THE YOGA OF STUDYING

7 strategies for becoming a more focused and mindful learner and for retaining what you've learned

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Why am I calling this the "yoga" of studying?

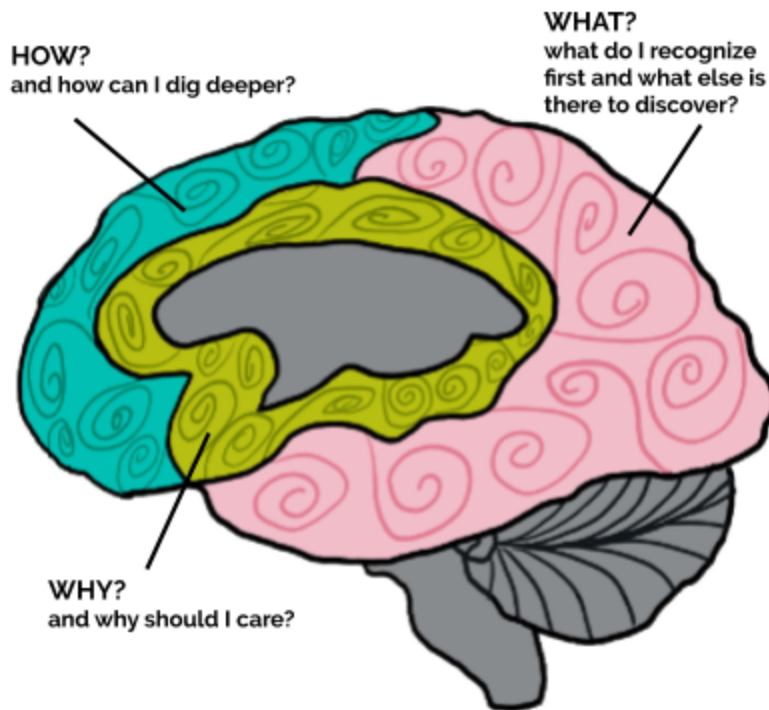
This workshop is based on published research on the benefits of yoga and mindfulness principles and practices for learners. It's important to me that you understand I use the term yoga intentionally and respectfully. Although I am a registered teacher of the physical practice of yoga (asana), I am a student, not a master, of yoga philosophy and of what Patanjali, author of the Yoga Sutras, calls the eight-fold path of spiritual growth and self-discovery. That lifelong path includes elements that we will touch upon during today's session, particularly posture, focused concentration, meditation, and breath. Today's session is also about the idea that yoga is a lifelong practice of finding self-awareness in moments of doubt or discomfort. The key insight of "the yoga of studying" is that we are always studying.

7 STRATEGIES

1. Recognize that you learn with your whole self: body, mind, spirit--and notice how that is true, without judgement, but with curiosity.
2. Be here now: Practice taking a moment to arrive, then focus on one thing at a time.
3. Become an expert at your own learning process.
4. Discover and construct your niche environment for learning.
5. Use a simple mindfulness meditation to retain what you're studying: Count your breath.
6. Practice feeling unattached to the outcome--panic and fear don't help you learn.
7. Make time to integrate what you've learned, through conversation, reflection, and physical stillness (a personal favorite: lying on the floor in a safe space with legs up the wall).

SELF-AWARENESS & YOUR LEARNING BRAIN

Your brain is only one component of your learning experience, but it's a big one! Because everyone learns differently, developing self-awareness is up to you. Become an expert at your own learning by experimenting with ways to fully explore the Whats, Hows, and Whys of whatever you are studying. Next time you have a great learning experience, take a moment to notice how and where it happened so that you can try replicating those conditions--in your mind, in the environment, and so on.



RESEARCH, READINGS & RESOURCES RELATED TO TODAY'S SESSION

Links to today's materials and more may be found on the Hack Your Homework page of the Learning Resources site in the CCA Portal.

