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Learning seems like a very simple thing to do. The question is, “is learning really that easy or do you have to learn how to learn”? If you have ever noticed some people love to learn while others do not. In reality everyone could love to learn if they just learned how to learn correctly.

Growing up I felt it was difficult to learn and hold knowledge of the things I did learn. I also began to notice that the kids around me who went to preschool when they were younger seemed to learn easier. That observation led me to believe there is indeed an art to learning.

The definition of an educated person can be different to many people. I believe an educated person is someone who has knowledge learned through study and experience. People more now than ever are dedicating time, money, and their selves to college to better their education. According to Karl R. Writh and Dexter Perkins in the paper *Learning to Learn*, there are many important reasons to learn. They talk about how just memorizing the material for the test is not learning. To actually learn something there are 6 steps you should be able to do with the material after. The steps include: knowledge, comprehension, application, analysis, synthesis, and evaluation. To fully learn material you must not only understand it but also be able to apply it to your life and skills.

At the present time I believe my education commitment is a 7, for the following reasons: I feel in the past I have been a better learner and more dedicated to school. The reason my score is only a 7 is because it has been a rough year for personal reason and my head has not been focused. I have not studied as hard as I should and cannot seem to stay focused. I do still consider myself committed to college because I will not quit school and I’m still working towards my goal of getting a bachelor in paralegal studies and possibly law school.

I will begin taking my education seriously, and institute efforts to achieve learning and thus creating academic success that will impact my education and career success. I am going to try and study harder and more often. I want to actually learn the material instead of just memorizing it. This is crucial because I will be taking the major classes for my degree and I want to have the knowledge for life.

I will begin taking my education seriously by learning how to learn, and institute efforts to achieve academic achievement in my educational career. I will use the My “Learning to Learn” success log which is outlined in the following pages of this study guide.

I research a few places to find what it takes to be a successful student. Fox Business website gave some tips to being a successful college student that really made sense to me. One of the ones that caught my eye was knowing and using on campus

resources. I think many college students, including myself, don't know all their school has to offer. Knowing how many resources are available to you can really make a difference on how your college experience turns out. I then found a professors blog called blog.chegg.com. He named 10 traits a successful college student does. A few of the ones I agreed with were: managing emotions, being open to feedback, challenging yourself, and dividing up the work.

To become a successful student of psychology each day I will accomplish the following five things: 1. Read the current chapter 2. Study the packet 3. Make flashcards 4. Study at least an hour 3 days a week 5. Review my notes

I shared my daily plan with Casey who agreed to make sure I stick with my plan and support me along the way. It really helps telling someone your goals so that they can help push you to do them. He did help tell me I needed to study when I wasn't in the mood. Casey also helped me study my flash cards before test.

Writing this paper has made me think more in depth and realize how important it is to learn how to learn. Learning is not always just naturally an instinct. It takes time and effort to learn the correct way to learn. Once you have learned how to learn you can enjoy learning about many subjects because you will actually be able to comprehend and use the information learned. This as made me realize there are techniques I still need to learn and work on to become a successful learner.