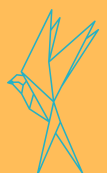
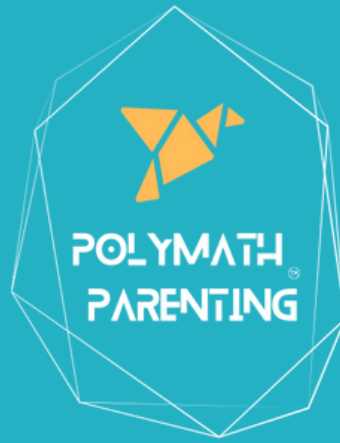


# How to Build Your Child's Effective Learning Skills

*A 5 Step Guide for Parents*

*made with  
love by*





*Polymath Parenting is the most  
parent-friendly resource on  
the science and art of how kids learn.*

*Our mission is to help parents build  
their childrens'  
effective learning skills  
in the era of  
knowledge and disruption.*



Join my mailing list, never miss the best ideas about how kids learn



Lets connect on social media so we can continue the conversation!



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# EFFECTIVE LEARNING IS A SUPERPOWER.

As parents, we tend to assume that if our children are taught, they will be able to learn.

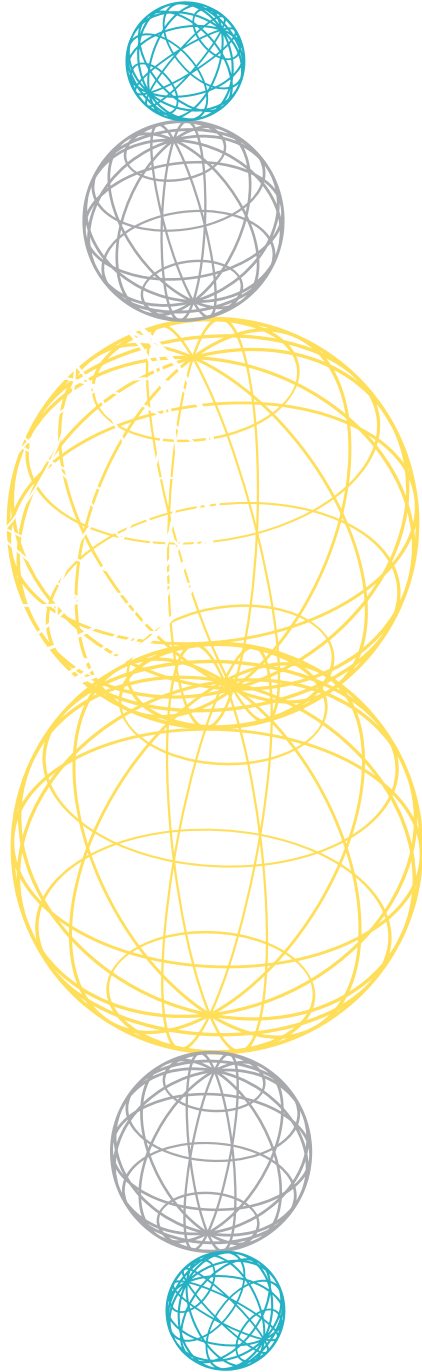
What if I told you that the future belongs not to those 'who have been taught', but to those who are able to learn - anything - effectively?

**Would you be willing to shift your focus from **what** your child learns to **how** they learn?**

The illiterate of the  
21st century  
will not be those who can't  
read or write,  
but those who cannot  
learn, unlearn or relearn.

ALVIN TOFFLER, WORLD'S NO.1 FUTURIST, AUTHOR,  
BUSINESSMAN AND INFORMATION-AGE EXPERT

# WHAT IS EFFECTIVE LEARNING?



Knowledge is the currency of the 21st century.

In the knowledge era, information by itself has no value. We have to be able to recall, connect and apply it to solve problems and make smarter decisions. With effective learning.

It's more about the **process** and **quality** of learning, rather than the speed and volume of information.

**Effective learning** happens with the right combination of:

- Effective learning **skills**
- Effective learning **techniques**
- Effective learning **styles**
- Effective learning **mindset**

Learn as if you were  
to live forever.

MAHATMA GANDHI, LAWYER, SOCIAL ACTIVIST,  
FREEDOM FIGHTER, WRITER

# THE 6 ABILITIES OF AN EFFECTIVE LEARNER

**Absorbing:** Taking in the learning material or experience mindfully.

An effective learner says: *"I'm giving this my full attention & focus".*

**Understanding:** Making meaning of it in the micro & macro context.

An effective learner says: *"I know why this matters, I know why I'm learning it".*

**Recalling:** as and when needed.

An effective learner says: *"I've organized this new information in my long-term memory".*

**Connecting:** integrating new learning with existing knowledge to make new ideas.

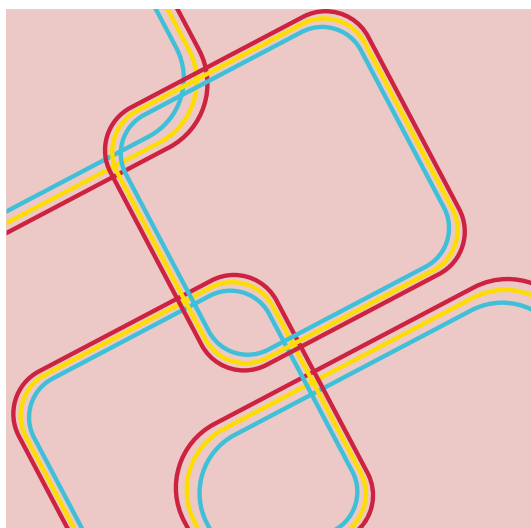
An effective learner says: *"I'm compounding my knowledge by layering on new information".*

**Improving:** continuously, with feedback, reflection, refinement.

An effective learner says: *"Every day, I get better at what I'm learning".*

**Applying:** in different contexts to solve problems

An effective learner says: *"I can use what I've learnt in real life".*



Knowing is not enough.  
We must apply.  
Being willing is not enough.  
We must do.

LEONARDO DA VINCI, RENAISSANCE MAN AND  
WAY-AHEAD-OF-HIS-TIMES POLYMATH GENIUS

# Why is Effective Learning the Super skill of the 21st century?

The truth about the future is that we have no way of knowing what's coming.  
We can't predict the careers, opportunities, and challenges of tomorrow.

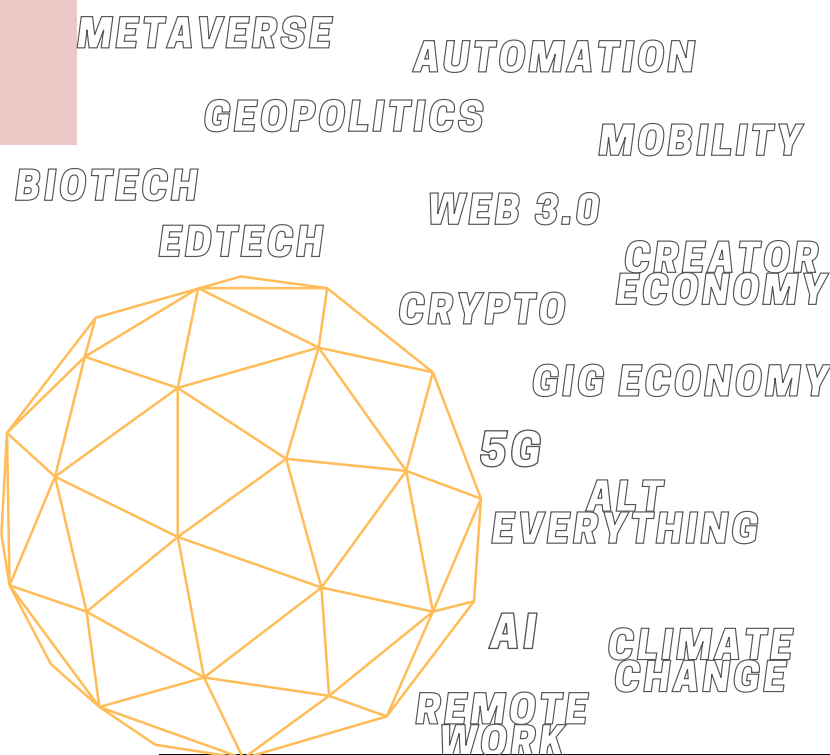
Nor can our children.

They need the skills to fearlessly embrace change.

If **efficient education** was the mantra for the **industrial age**,  
then **effective learning** is the mantra of the **information age**.

Let's leave the **curriculum** to schools.

As parents, let's help our children become **effective learners**.



The future of work  
consists of  
learning a living.

MARSHALL MCLUHAN  
PHILOSOPHER AND MEDIA THEORIST

# The Key to Building Effective Learning Skills

The geniuses of the world are not smarter than you or me.  
They are simply more effective learners.

They absorb, understand, recall, connect, and apply  
knowledge better than you and me.

They know that effective learning is not an 'automatic' process.  
So, they constantly work on getting better at learning.

If you master the process, you can master effective learning.  
Unfortunately, as parents, we are too focused on the input & output.  
We often miss our child's learning process entirely.

While effective learning can create magic, it is not magic.  
These 5 steps will help build your child's learning to learn superpowers.

When something is  
important enough,  
you do it.

ELON MUSK  
MODERN POLYMATH, ENTREPRENEUR, GAME CHANGER

# 5 Steps for Parents to Help Children Become Effective Learners

## Unlearn Limiting Beliefs About Your Child's Learning

Refocusing from the 'what' to the 'how' of learning.

## Create The Right Learning Environment

The right physical, intellectual and emotional space is key to learning.

## Nurture a Growth Mindset

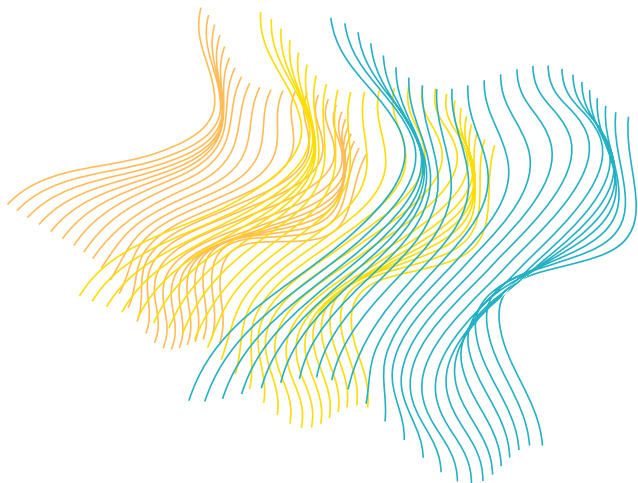
Anyone can get better at anything - with effective learning and a growth mindset.

## Create an Effective Learning Strategy

Help our children build their unique combination of learning skills, techniques and styles.

## Stay Ahead of the Learning Curve

Staying informed about the big things impacting our children's learning is important.



The greatest enemy of  
knowledge is not  
ignorance. It is the  
illusion of knowledge.

STEPHEN HAWKING  
THEORETICAL PHYSICIST, COSMOLOGIST, AND AUTHOR



# 1. Unlearn Your Limiting Beliefs

A journey of 1000 miles begins with a single step.

In this case, let's take a step back.

## **UNLEARN our focus on 'what' and re-focus on 'how'**

Leave the curriculum and outcomes to teachers.

Commit to fully understanding your child's learning process.

**Read more:** [observation](#), [facilitation](#)

## **UNLEARN our F.A.S.T**

It's time to go slow on the F.A.S.T - parental Fear, Anxiety, Stress, and Tension.

Commit to creating an enabling environment to support their learning journey.

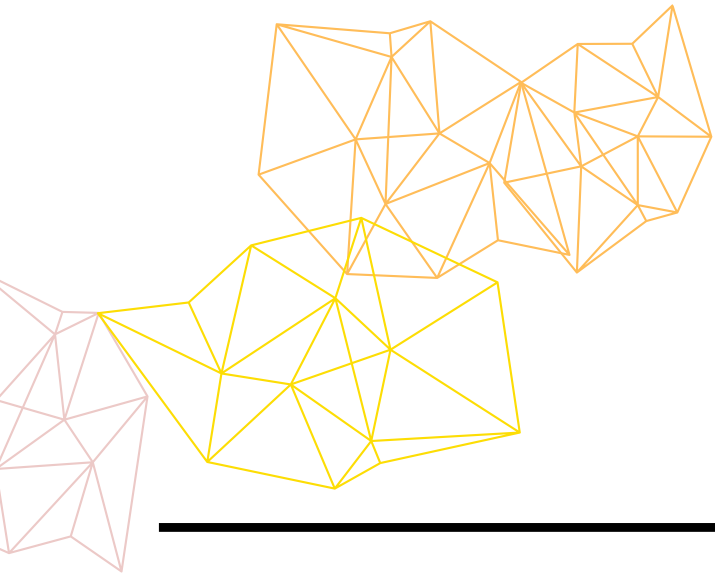
**Read more:** [learning myths](#)

## **UNLEARN our limited notions of learning**

Learning doesn't just happen in schools. Learning doesn't happen in subject-silos.

Commit to expanding your notion of learning: its inter-connected, messy, challenging!

**Read more:** [Does learning have to be fun?](#)



The world is full of  
magic things,  
patiently waiting for  
our senses to grow  
sharper.

W.B YEATS  
POET, DRAMATIST, WRITER

## 2. Create a Positive Learning Environment at Home

### The 3 Core Elements of a Healthy Learning Environment

#### Physical space

A safe, comfortable space where learners can access learning resources, balance their need for socialization and privacy, feel take charge of their own their learning journey,

#### Emotional space

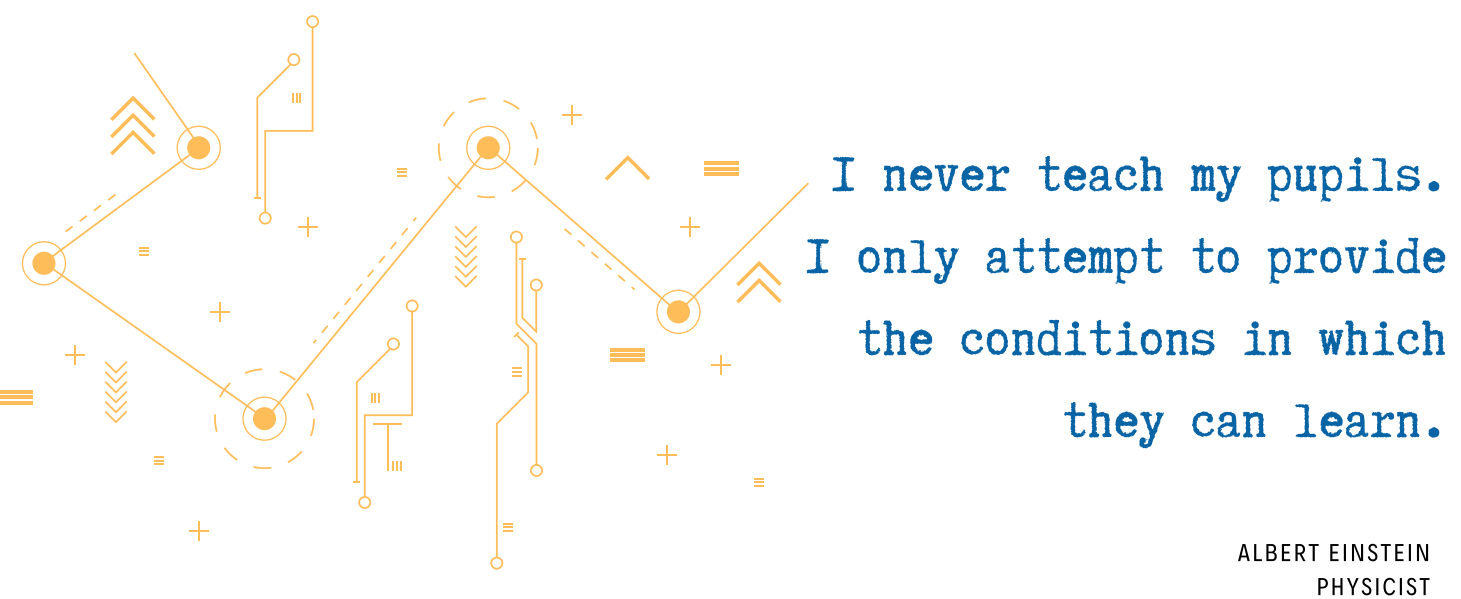
A space where a learner feels safe to express all emotions and fail forward.  
Make room not just for learning tasks, but for the constantly evolving learning process.

#### Intellectual space

Forget the gadgets and gizmos.  
Make space for conversations, questions, critical investigations, and experimentation.

#### Read more:

**[The Ultimate Guide to Creating a Positive Learning Environment: for Parents of 21st Century Learners](#)**



### 3. Nurture a Growth Mindset

Growth mindset learners believe they can get better and smarter at almost anything they choose, with time, effort, practice, and persistence.


**When combined with learning skills and techniques, the growth mindset is a powerful tool for effective, lifelong learning.**

Don't allow your child's natural growth mindset to deteriorate into a fixed mindset.

**Nurture and strengthen your child's growth mindset.**

Read more:

[The Ultimate Guide to the Growth Mindset for Parents of 21st-century Learners](#)



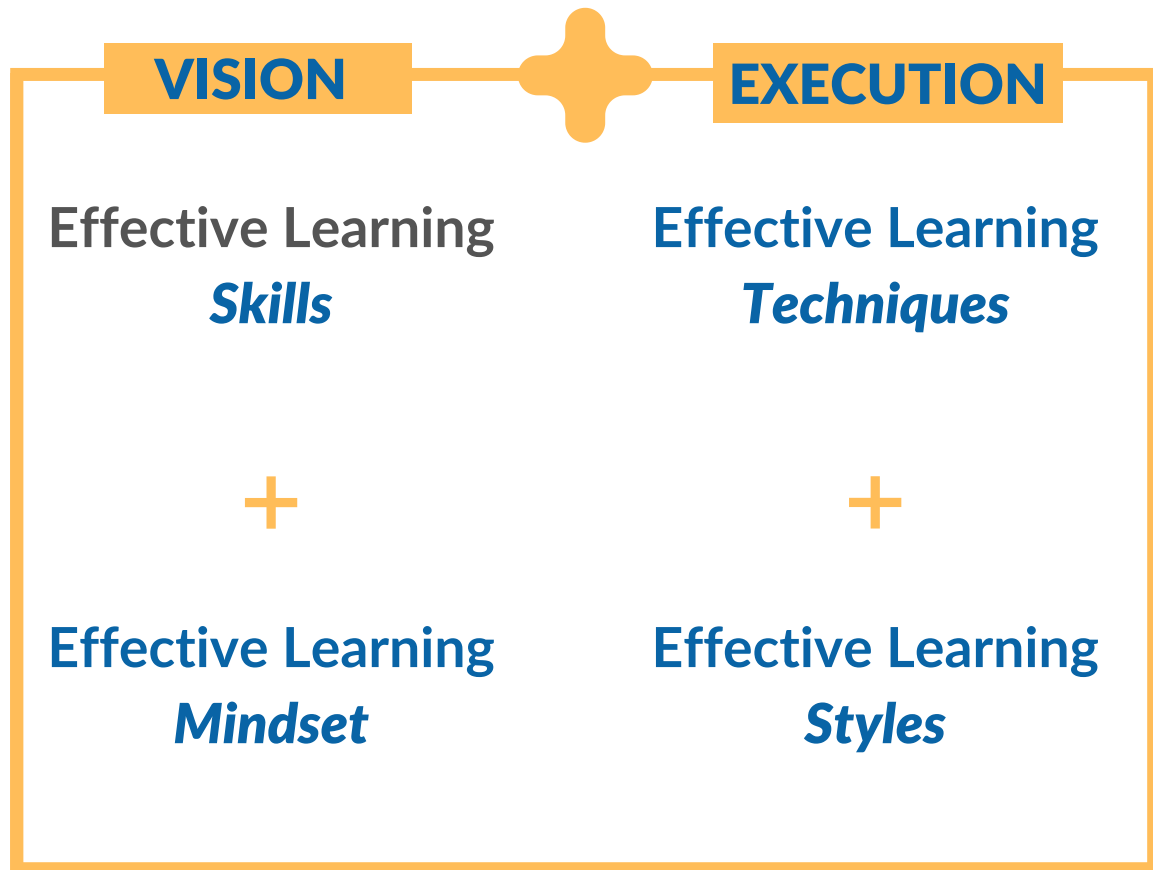
It doesn't get  
easier  
You just get  
better.

JORDAN HOECHLIN  
FILMMAKER, ENTREPRENEUR, CREATIVE ARTIST

## 4. Build an Effective Learning Strategy

# EFFECTIVE LEARNING STRATEGY

*\*Strategy = Vision + Execution*



Read more:

[Ultimate Parent's Guide to Effective Learning Techniques](#)

[Ultimate Parent's Guide to Effective Learning Skills](#)

[Ultimate Parent's Guide to Effective Learning Styles](#)

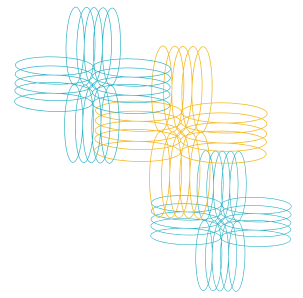
[Ultimate Parent's Guide to Effective Learning Mindsets](#)

Children must be  
taught how to think,  
not what to think.



MARGARET MEAD  
ANTHROPOLOGIST, FEMINIST, SOCIAL OBSERVER AND COMMENTATOR

## 5. Stay Ahead of the Learning Curve



Many employers no longer ask for college degrees.

***The era of certification as proof of talent is over.***

Many Ivy League schools no longer ask for SAT or ACT scores.

***The era of standardized testing is over.***

Millions are designing personalized, self-paced learning paths & careers with edtech.

***The era of industrial-age mass education is over.***

Global workforces are powered by work-from-anywhere talent.

***The era of geography-based opportunity is over.***

AI is writing text, robots are making food and software is balancing accounts.

***The era of entry-level white-collar jobs (for humans) is ending.***

More than 80% of the jobs our children will end up doing do not exist today.

***The era of planned careers is over. We need to prepare for dynamic learning.***

***Staying informed about the big things impacting our children's learning is important.***

With everything else going on, it's hard.

***But it's no reason to miss the best ideas about how kids learn!***

**Polymath Parenting** curates all the best **ideas & info** about **effective learning**,  
from the world of science, education, business, sport, tech, culture, politics, etc. **for you.**

Get it all in [one easy-to-read, made-for-parents, no-fluff newsletter](#)  
delivered free, once a month, to your inbox. *Don't miss out.*

***Sign me up!***

**The most pressing task is to teach people how to learn.**

PETER DRUCKER. MANAGEMENT GURU, CONSULTANT AND FUTURIST



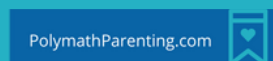
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# Get to Know Polymath Parenting !

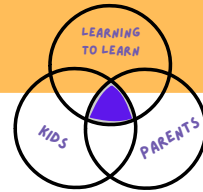


***We are not...***

***We are proudly...***



**A generic  
parenting website**



**Focused on  
helping kids be effective learners**



**Theoretical, technical,  
or academic**



**Inspiring, practical  
and human!**



**Selling a magic  
formula or solution**



**Empowering parents to  
co-pilot their child's  
learning journey**



**Just for alt+learners or  
homeschoolers or ....**



**For ALL parents  
and families**



Any kind of job is going to have a digital component.

It doesn't mean everyone has got to be a computer scientist.

SATYA NADELLA, CEO, MICROSOFT



AI, telepresence, VR and gamification will create powerful new learning environments capable of personalizing and accelerating learning across diverse fields.

RICHARD ADLER, DISTINGUISHED FELLOW AT THE INSTITUTE FOR THE FUTURE



Over half of Fortune 500 companies have disappeared since 2000.

Mainly due to digital disruption.

PIERRE NANTEME, CEO OF ACCENTURE



Curriculums may become obsolete,

Effective learning skills will last forever.

CHITRA IYER, FOUNDER, POLYMATH PARENTING