



# FESTIVAL

## treehouse

How to Learn Online Like a Pro

Guil Hernandez

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Browser address bar: <https://teamtreehouse.com/guil>

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### Courses & Workshops I've Taught

<p><b>23 min left</b></p> <p>Workshop <b>React Hooks</b></p> <p>Get started with React Hooks, special functions...</p> <p><a href="#">Resume</a> </p>	<p><b>9 min</b></p> <p>Practice <b>Practice Error Hand...</b></p> <p>In this practice session, you'll get to sharpen your...</p> <p>JavaScript  </p>	<p><b>Complete</b></p> <p>Practice <b>Practice JavaScript ...</b></p> <p>Build up your JavaScript skills by practicing the...</p> <p> Complete</p>
<p><b>46 min left</b></p> <p>Course <b>JavaScript Objects</b></p> <p>Objects are an essential part of JavaScript; they...</p>	<p><b>110 min left</b></p> <p>Course <b>JavaScript Arrays</b></p> <p>Arrays provide a way to store multiple pieces of...</p>	<p><b>44 min left</b></p> <p>Course <b>JavaScript Loops</b></p> <p>Loops are a way of repeating code -- they're...</p>



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### 212 Achievements

<p>Achievement</p> <h4>Sequence Iterations</h4> <p>Python Sequences</p> <p>✓ Achieved Jul 2, 2020</p>		<p>Achievement</p> <h4>Packing and Unpacking</h4> <p>Functions, Packing, and Unpacking</p> <p>✓ Achieved Jul 2, 2020</p>	
<p>Achievement</p> <h4>Getting Info In and Out of Functions</h4> <p>Functions, Packing, and Unpacking</p> <p>✓ Achieved Jul 1, 2020</p>		<p>Achievement</p> <h4>Introduction to Functions</h4> <p>Functions, Packing, and Unpacking</p> <p>✓ Achieved Jul 1, 2020</p>	

The background is a solid blue color with several white decorative elements. There are small white triangles scattered throughout, some pointing left and some pointing right. There are also small white wavy lines, resembling water or sound waves, scattered across the background. In the top right and bottom left corners, there are faint white grid patterns, similar to graph paper.

# How to Learn Online Like a Pro



# Why are we learning?

Start a Career

Change Careers

Professional Development

Fill Knowledge Gaps

Lifelong Learning

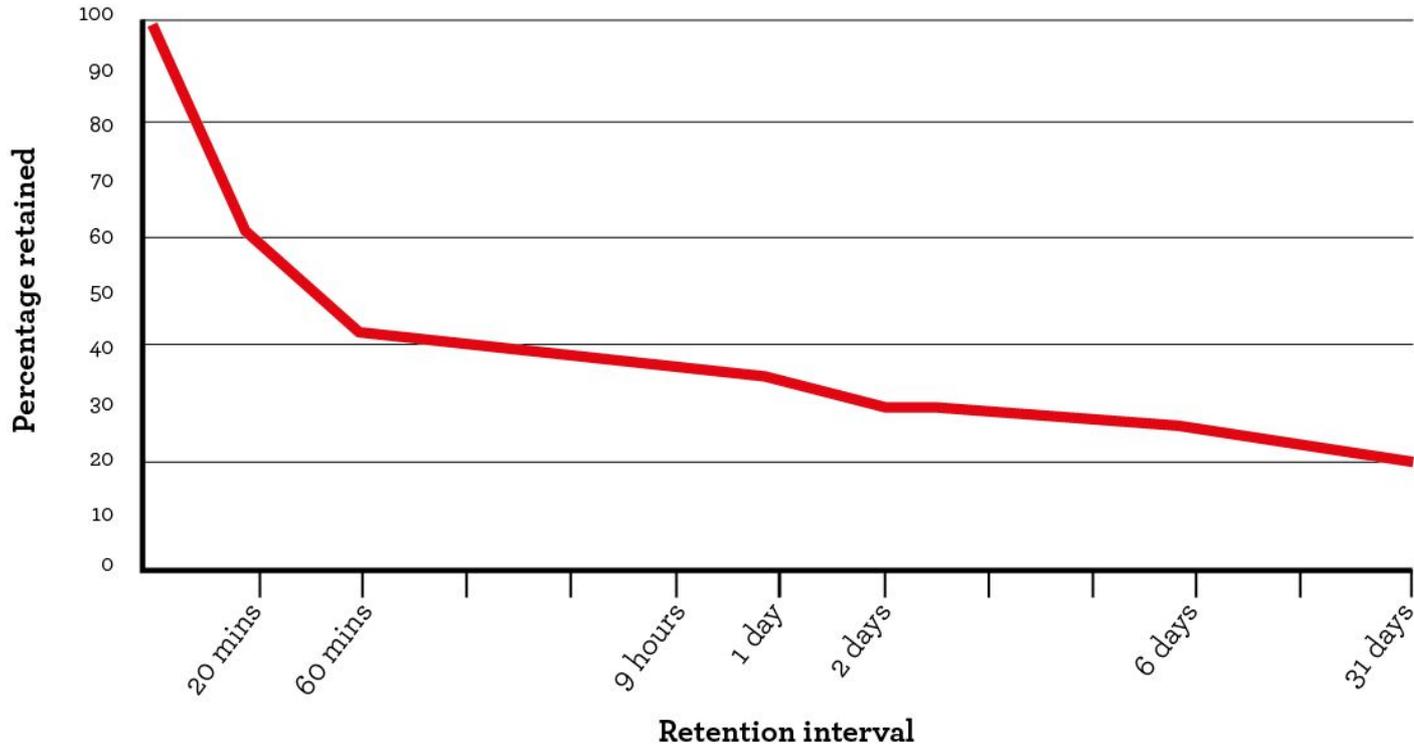




# *How we learn impacts our ability to remember what we're learning*

## Ebbinghaus' Forgetting Curve

[fs.blog/2018/12/spacing-effect](https://fs.blog/2018/12/spacing-effect)



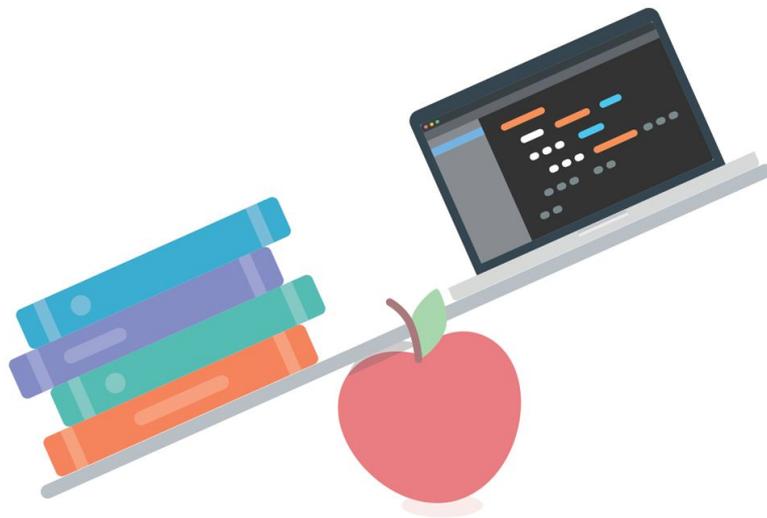


# Learning & Memory



# Learning

The process of acquiring new skills or knowledge.





# Memory

Our ability to encode, store, retain,  
and then recall the information.





# Processes involved in memory

## Encoding

Taking in new information, understanding it, and transforming it into a form that can be stored in memory.

## Storage

Maintaining the information in memory.

## Retrieval

How you access the information that's been encoded and stored.



**Encoding**



**Storage**



**Retrieval**

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# Asynchronous Online Learning



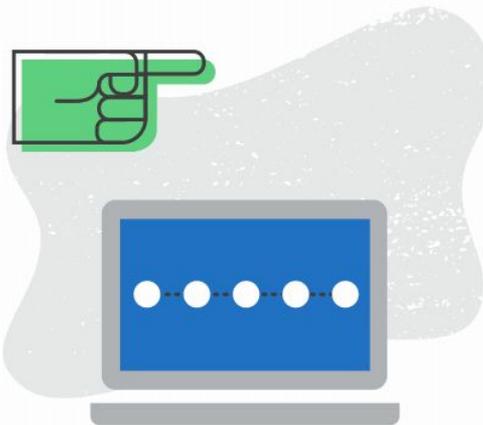
# Asynchronous learning

Does not take place in "real time"

Recorded lessons

Complete assessments and projects on your time

You monitor and control your learning





**Learn independently while  
keeping yourself accountable**



# What affects engagement in learning?

Finding Time

Distractions

Technical difficulties

Other Commitments

Passive learning

Perceived isolation



# Tips to Support You in Online Learning



# It all starts with your learning environment



# Your learning space

**Create a distinct space for learning**

**Minimize distractions**

**Make your space comfortable!**



# Self-care

## State of rest

Sleep restores your mind and body, which is necessary for learning new concepts and skills. 7-9 hours is recommended.

## Health and Nutrition

Keep plenty water and healthy snacks nearby in your designated learning space.



**Lack of routine and time is often  
one of the biggest hurdles**





# Time management

## Create a schedule

Create a learning habit by setting aside dedicated time for learning.

## Set dates for learning goals and tasks

Tools like Google Calendar, Asana, and Trello can help keep track of your learning tasks.

A screenshot of a Google Docs document. The browser address bar shows 'https://docs.google.com/document'. The document title is 'React Learning Schedule'. The content is organized by date: Wednesday, December 14th; Thursday, December 15th; and Friday, December 16th. Each day has a list of tasks or resources. The document is displayed in a standard Google Docs interface with a toolbar at the top and a sidebar on the left.

https://docs.google.com/document

Search the menus (Option+)

100% Title Arial 26

# React Learning Schedule

Wednesday, December 14th

- ~~BASICS / TUTORIAL and Fundamentals:~~ <http://buildwithreact.com/>

Thursday, December 15th

- [Getting Started with React.js](#)
- [Comprehensive Guide to learning React.js](#)

Friday, December 16th

- Skim through: [Introduction to React, by FB developers](#)
- Begin the new book and move through the first 2 chapters



# Time management

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# Time management

## Create a schedule

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Tools like Google Calendar, Asana, and Trello can help keep track of your learning tasks.

## Pace yourself

Spread out your learning time. Cramming is not effective!



# Staying motivated

## Schedule breaks, distractions, and rewards

It's easier to procrastinate, get distracted, or lose motivation without breaks.





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## Pomodoro technique

Study for fixed time intervals. Short, intense bursts of learning is effective.



# The Pomodoro technique

1. Set a timer for 25 minutes and start your learning task
2. When time is up, take a short break
3. After four pomodoros, take a longer break (15–30 minutes)



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# Get the Most Out of Online Learning



**Richard Fogg**  
@richardpfogg



[@guilh](#) I started treehouse and have been going through various HTML & CSS tracks but struggle putting it into practice? Any advice?



**Be an active learner!**



# Active learning

Learning is an active and strategic activity.

Engage with the learning material.

Form your own interpretation of what was taught.

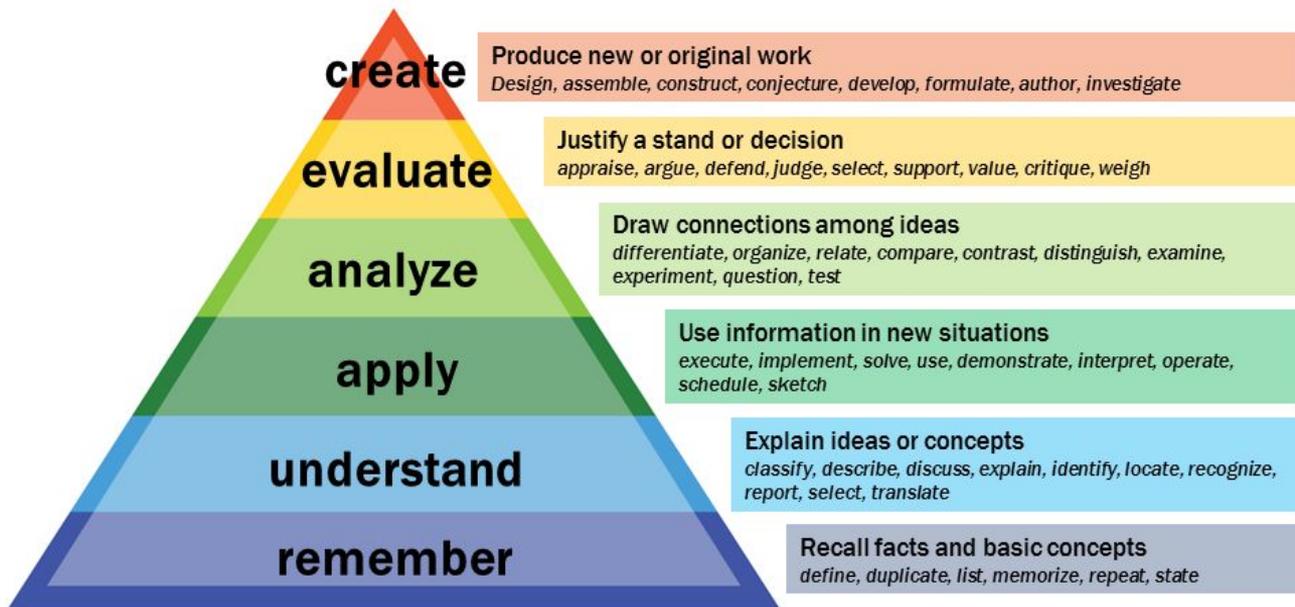
Run into difficulty, make mistakes, then identify and correct them.



**It's easy to forget what you don't understand**



# Bloom's Taxonomy



Vanderbilt University Center for Teaching



# Binge learning is not effective!



# Spaced learning

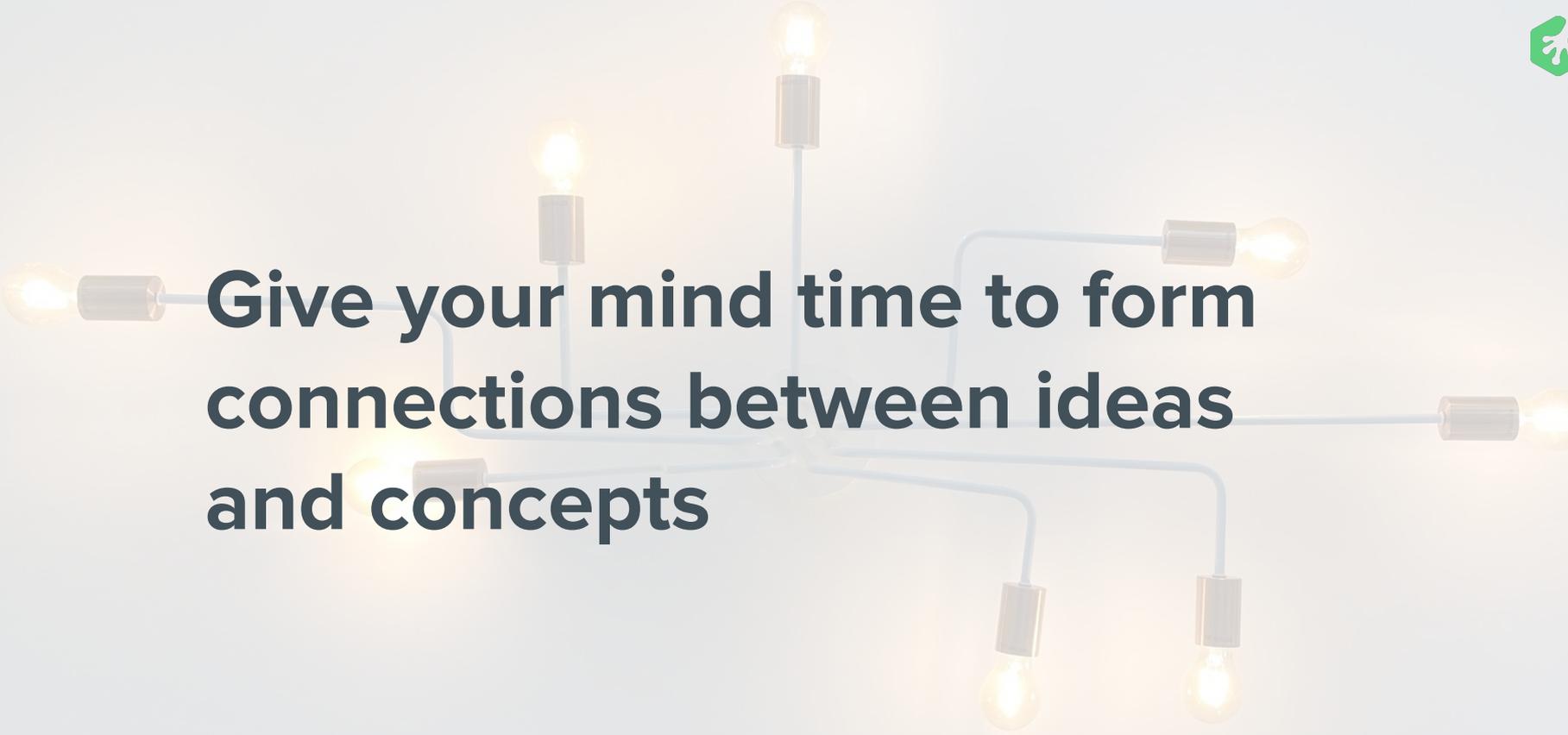
Space your learning and practice over multiple sessions.

Allow a period of time to pass, then review or practice the same concept again.

You're more likely to retain information this way.



**Learn** → **Break** → **Recall** → **Break** → **Apply**



**Give your mind time to form  
connections between ideas  
and concepts**



# Retrieval strategies

## Reflection

What are the main concepts, key ideas? Can you explain them in your own words?



**Remembering key ideas helps  
you form *chunks* of memory**



# Retrieval strategies

## Reflection

What are the main concepts, key ideas? Can you explain them in your own words?

## Draw connections

Try to relate new information to what you already know about something else.



# Deliberate practice



The screenshot shows a web browser window with the URL <https://fs.blog/2012/07/what-is-deliberate-practice/>. The browser's address bar includes navigation icons (back, forward, refresh) and a star icon for bookmarks. The website's header features the 'fs' logo on the left and navigation links for 'ARTICLES', 'BOOKS', 'PODCAST', 'COMMUNITY', and 'Member Login' on the right. A search icon is also present. The main content area displays the article title 'What is Deliberate Practice?' in a large, bold, black serif font. Below the title, the text 'READING TIME: 7 MINUTES' is centered. A paragraph of italicized text follows: *Deliberate practice is a method for improving your performance at anything, based on constant feedback and working at the edge of your abilities. Elite people in every field use it to build up their expertise. Let's take a look at exactly what deliberate practice is, how to do it, and why it works.* This is followed by a centered separator consisting of three asterisks (\*\*\*) on a new line. The main body of the article consists of three paragraphs of standard black text. The first paragraph states that performance plateaus because one stops using deliberate practice. The second paragraph notes that despite repetition, most people fail to become experts. The third paragraph states that experience does not equate to expertise. The final line of the article is a reference to Geoff Colvin's book [Talent Is Overrated](#).

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# **Social & Collaborative Learning**



**Participate with peers to make  
sense of new ideas!**



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Search: Search... | Newest | All Topics | **Ask**

- JavaScript (while and do-while loops)**  
Posted 5 minutes ago by Lina John | 0 Answers  
[JavaScript]
- I keep getting "Asia" is not part of the list. What and Why I'm getting it wrong?**  
Posted an hour ago by Luke Tate | 0 Answers  
[Python] [Introducing Lists] [Using Lists] [Continental]
- Calling a method from an inherited class**  
Posted 2 hours ago by Andrea Brandsness | 0 Answers  
[Python] [Object-Oriented Python] [Inheritance] [Inheritance Quiz]
- I am practicing semantic HTML ex. Any chance I can view the final HTML page that I can update the** | 0 Answers



# Others have similar questions and hurdles in their learning journey



#RubberDuckDebugging



# Keeping learning social

## Stay motivated

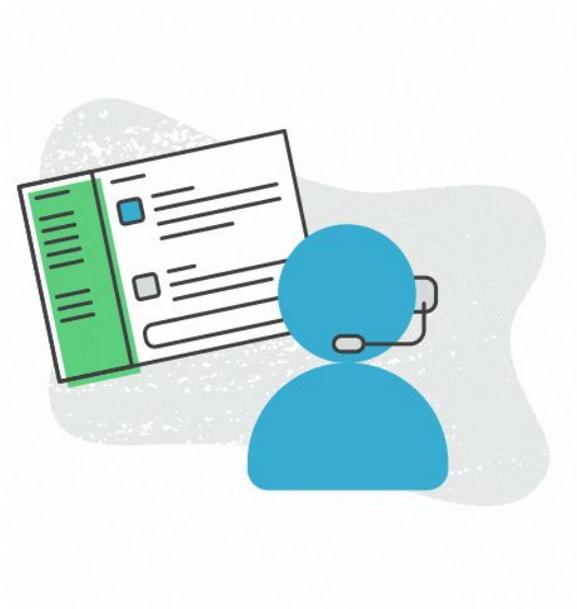
Share your learning goals, study tips, resources, and other fun & interesting things.

## Provide support and accountability

Keep each other on track, practice explaining concepts in your own words, and review peer notes and coding projects.

## Amazing connections

Connect with world-class instructors and like-minded learners!





https://join.teamtreehouse.com/100-days-of-code

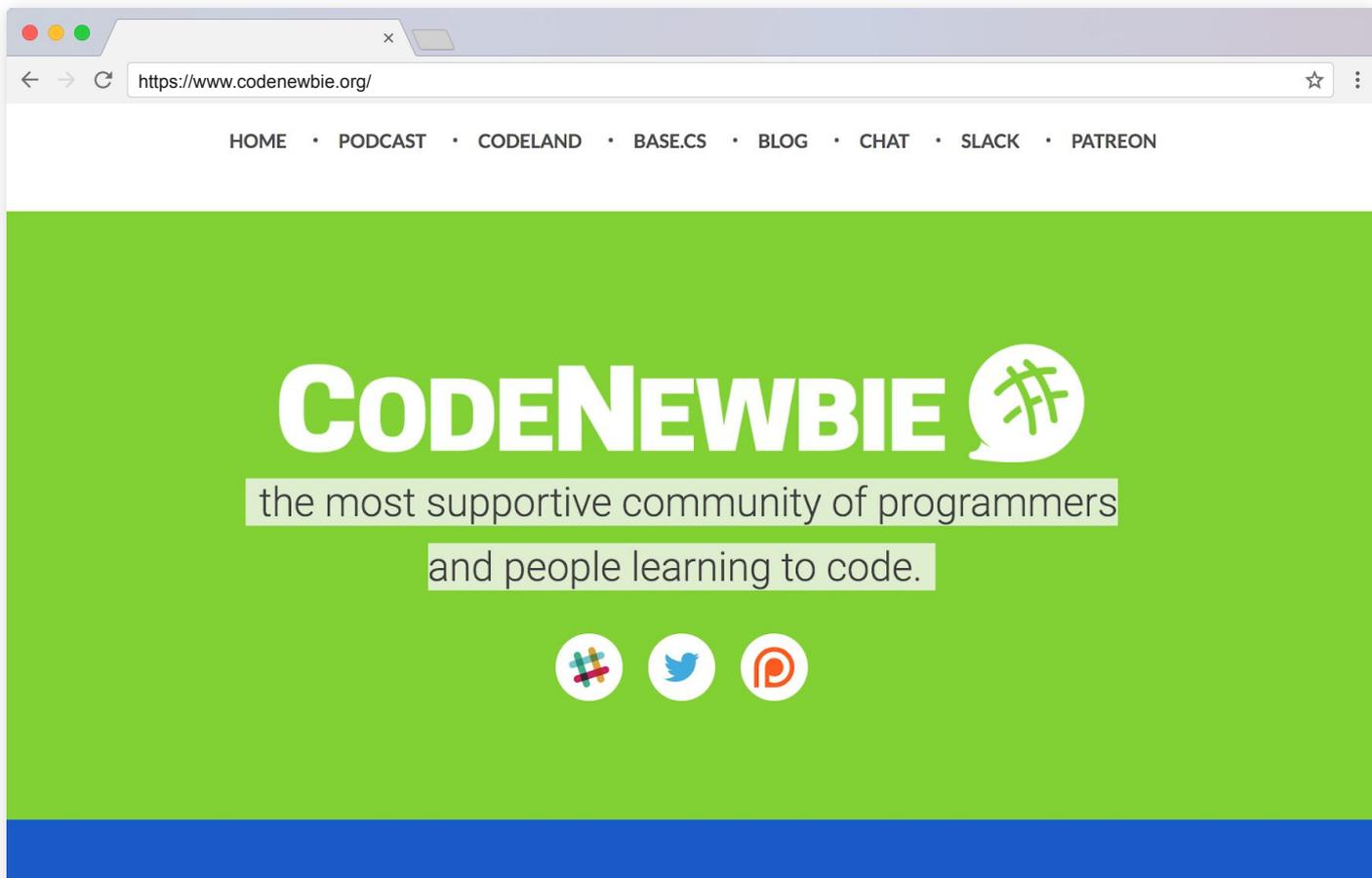
# #100DaysOfCode Challenge

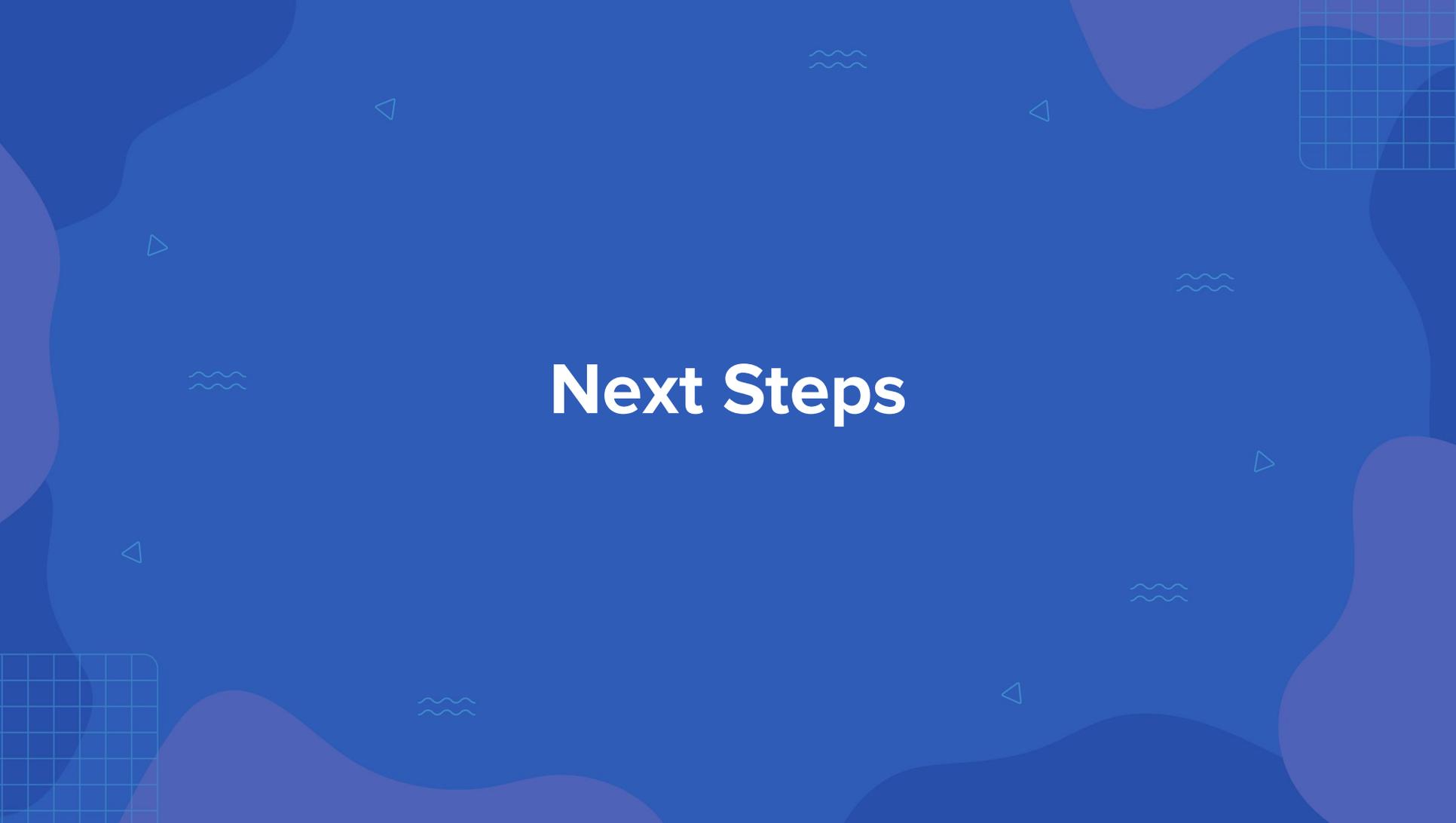
Transform your life by committing to learning for **30 minutes a day for a hundred days.** You'll have the support of the Treehouse community of students working with you.

[Join Us](#)

Your Journey Starts Here

An illustration showing a purple laptop with a database icon on its screen, connected by a dashed green line to a smaller orange and blue tablet below it.





# Next Steps



# Develop a growth mindset!





***“It is our knowledge — the things we are sure of — that makes the world go wrong and keeps us from seeing and learning.”*** — Lincoln Steffens



**In stock: pizza  
cheese, bread, le  
crackers, or**

# Share what you know



https://blog.teamtreehouse.com/python-vs-javascript-comparison-for-2020

Learn

# Python vs. JavaScript Comparison for 2020



**Guil Hernandez**  
*writes on June 26, 2020*



*“I feel like an imposter!”*

Happy Learning! 🧐

@guilh



# Resources

## The forgetting curve

- [Forgetting curve](#)
- [You probably won't remember this, but the "forgetting curve" theory explains why learning is hard](#)
- [Foods linked to better brainpower](#)

## Bloom's taxonomy

- [Bloom's Taxonomy](#)
- [Higher Order Thinking: Bloom's Taxonomy](#)

## Spaced learning

- [The Spacing Effect: How to Improve Learning and Maximize Retention](#)

## Deliberate practice

- [Learn Like an Expert](#)
- [What is Deliberate Practice?](#)