

#123rd Marketing Club

30th Jeddah 83rd Business Club

How to learn any Skills?

Tuesday 2-1-2024

8 PM EGY **9 PM** KSA **10PM** UAE

FOUNDER & HOST

Dr.Mahmoud Bahgat



INSTRUCTOR

Dr. Sameh Gamal

Community Pharmacist & Trainer

About the Lecturer



Sameh Gamal Daboun



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+966 53 765 0358

Graduated from Pharmacy College at Alexandria University in 2007, Over the past 15 years, I have had the privilege of working in pharmacy retail operations. In addition to my extensive experience in the pharmaceutical industry, I have dedicated the past 10 years to learning and development. I have delved into the fascinating world of instructional design, understanding the neuroscience of learning, and exploring innovative approaches such as gamification of learning. These endeavors have equipped me with the ability to design and implement effective training programs that engage learners and drive organizational growth. Throughout my journey, I have been fortunate to witness the transformative power of learning and development in both individuals and organizations. I firmly believe that investing in continuous learning is the key to personal and professional growth. I am deeply committed to leveraging my skills and knowledge to create impactful learning experiences that empower individuals and contribute to the success of the organizations I work with. I am excited about the opportunity to collaborate, learn, and grow together. Thank you for your time, and I look forward to connecting with you all soon."

About the Lecturer



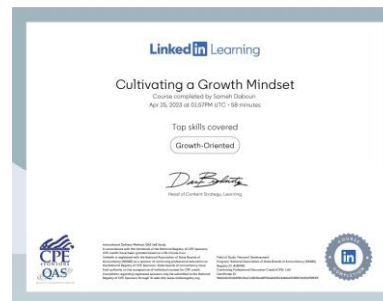
Sameh Gamal Daboun



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Certificate of Completion
Sameh Gamal
Organizational Learning and Development
Updated: 11/2016 • Completed: 12/2016 • 1h 32m

Certificate No: 83C2200784C40FC8735CC3D491E58

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The Neuroscience of Learning
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Some of Professional Development Certificates


Learning to Learn

Unleash Potential to Develop



Sameh Gamal

Learning How to Learn: Powerful mental tools to help you master tough subjects



Completed by Sameh Gamal

January 24, 2016

15 hours (approximately)

Grade Achieved: 97.03%

Sameh Gamal's account is verified. Coursera certifies their successful completion of [Learning How to Learn: Powerful mental tools to help you master tough subjects](#)



Learning How to Learn: Powerful mental tools to help you master tough subjects

Deep Teaching Solutions

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SKILLS YOU WILL GAIN

Test Preparation

Learning To Learn

Pomodoro Technique

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UC San Diego

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Learning
How to Learn



Learning to Learn

Unleash Potential to Develop any Skill

Sameh Gamal



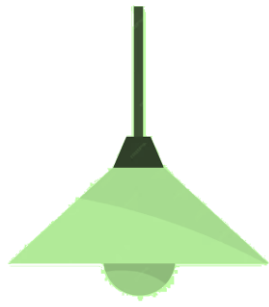


The day we stop learning
is the day we stop living.

Scott Meyer

quote fancy

Learning Objectives



Introduction to Learning Science

Overview of learning science and its significance



Memory Types & Secrets

Techniques to improve memory retention & recall



Learning Difficulties

Addressing common & providing strategies



Deep Effective Learning

Guidance on achieving efficient core skills



Tools & Advises for Learning

Introducing tools, resources, & practical advice to enhance the learning process



Modes of Thinking



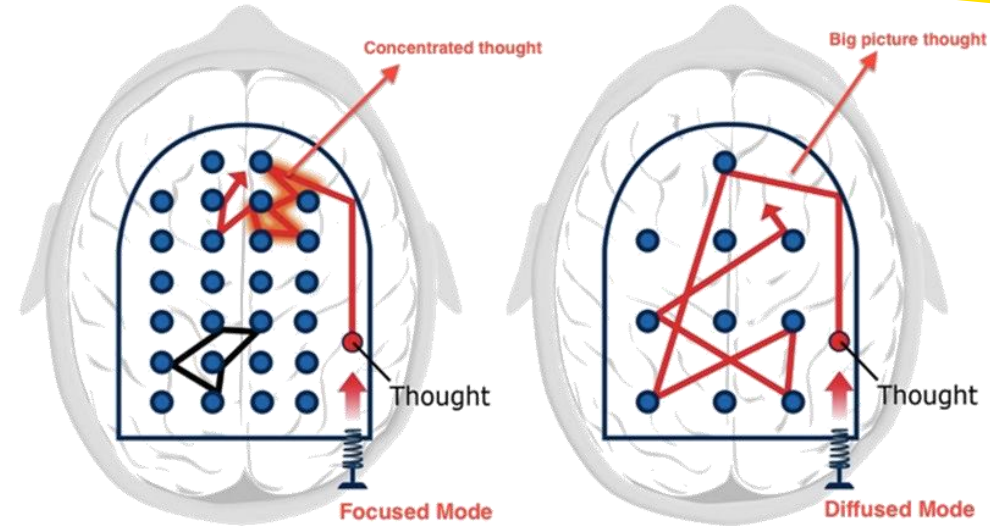
Focused Mode

- Narrow & Targeted
- Methodical
- Concentrated
- Useful for Deep Work

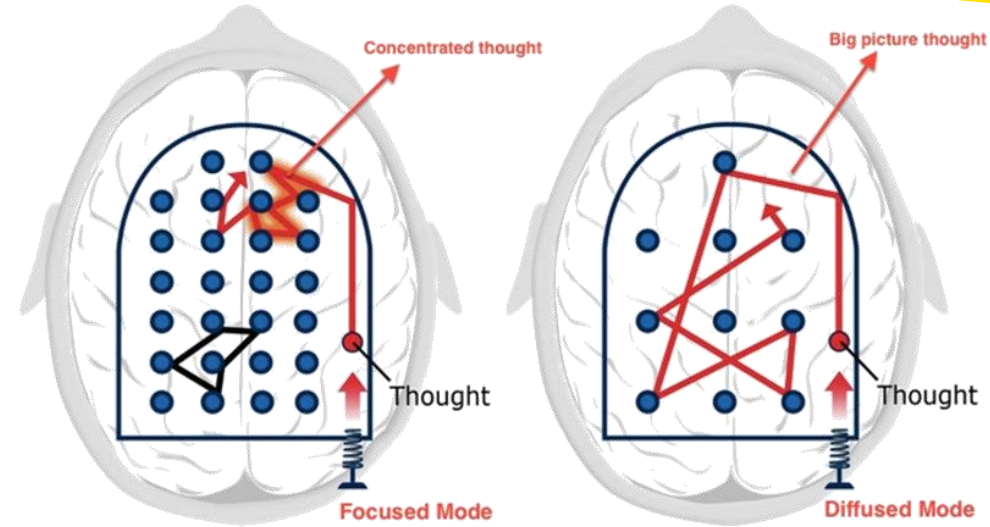
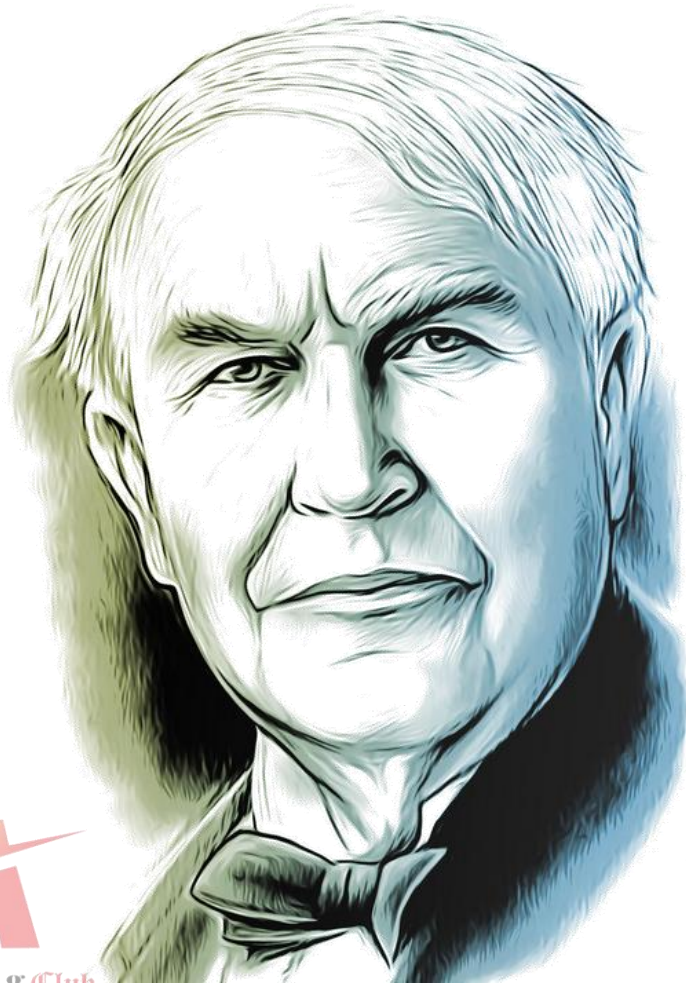


Diffuse Mode

- Broad & Conceptual
- Tactical
- Creative
- Discover Connection



Modes of Thinking



Test Your Knowledge

**The Brain Uses
Of Its' Capabilities.**

A



B



C



D



Our Brains During Sleep



Our Brains During Sleep

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NEWS RELEASES

Thursday, October 17, 2013

Brain may flush out toxins during sleep

NIH-funded study suggests sleep clears brain of damaging molecules associated with neurodegeneration.



Institute/Center
National Institute of Neurological Disorders and Stroke (NINDS)

Contact
Christopher Thomas 
301-496-5751

Multimedia



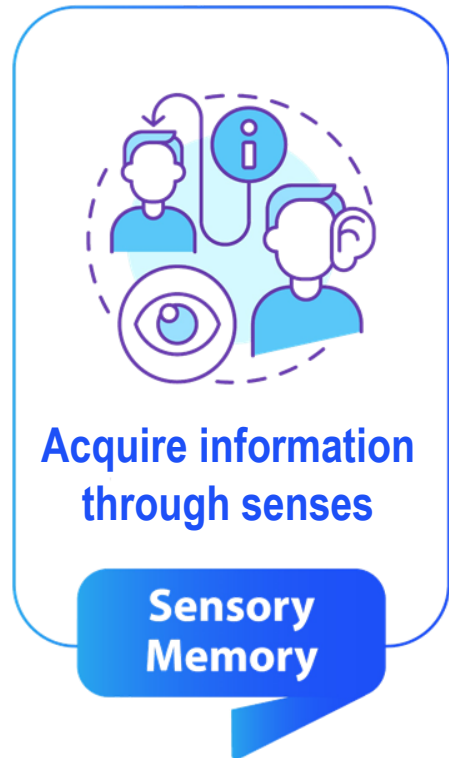
Brain Opens Up The Pipes During Sleep: Scientists watched dye flow through the glymphatic system, a brain "plumbing" system, of a mouse when it was asleep (left) and then, later, when it was awake (right). More dye flowed into the brain during sleep. Results from this study suggest the brain may flush out toxic molecules associated with neurodegenerative disorders during sleep.

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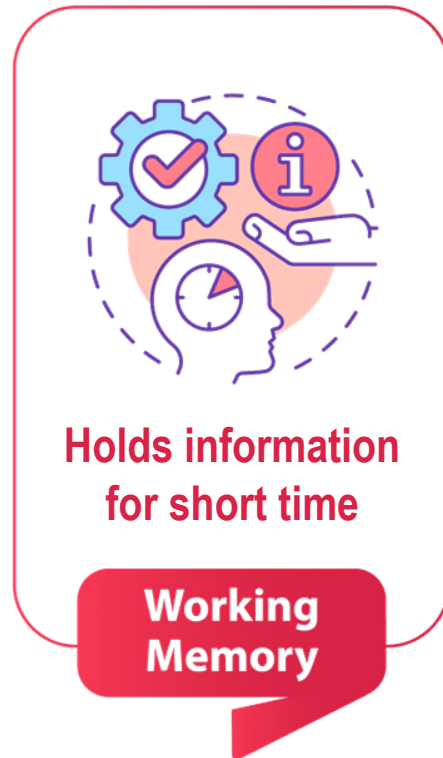
Scientists watched dye flow through the brain of a sleeping mouse. Nedergaard Lab, University of Rochester Medical Center.



Memory Types & Secrets



1



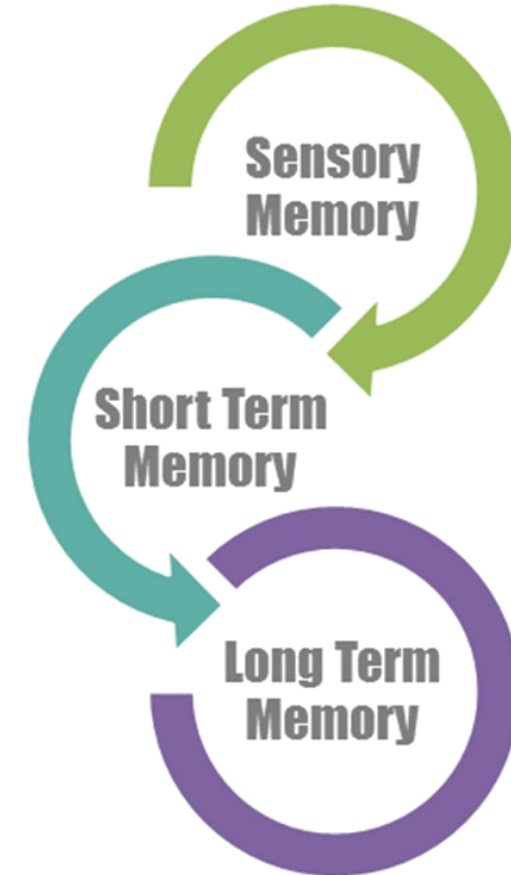
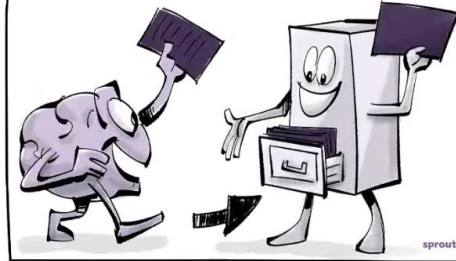
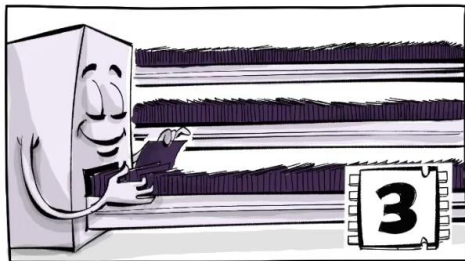
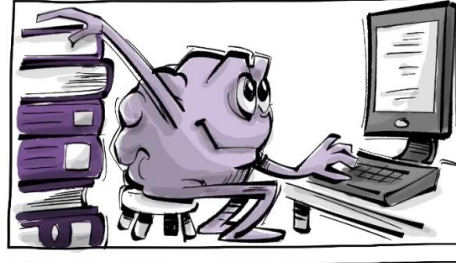
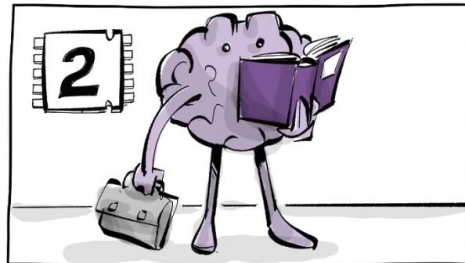
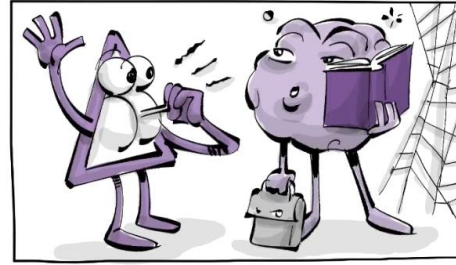
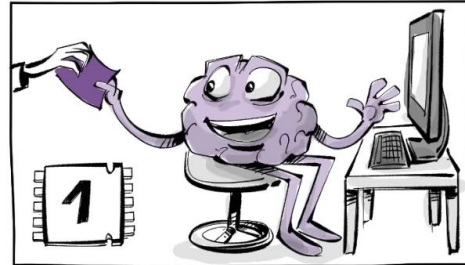
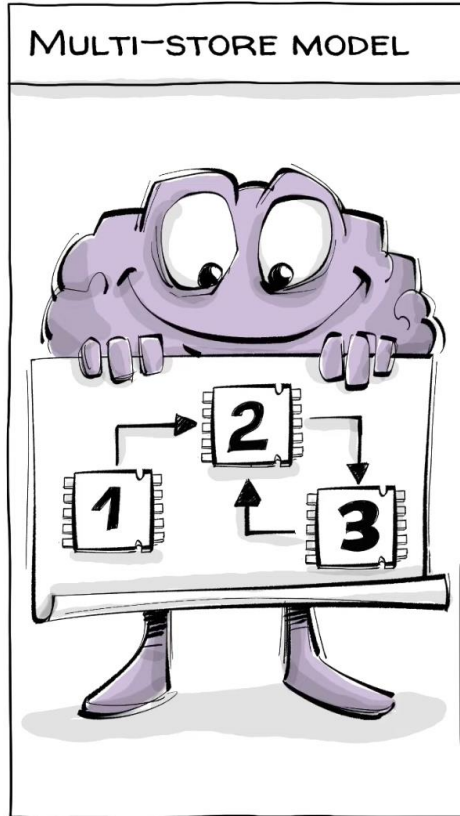
2



3



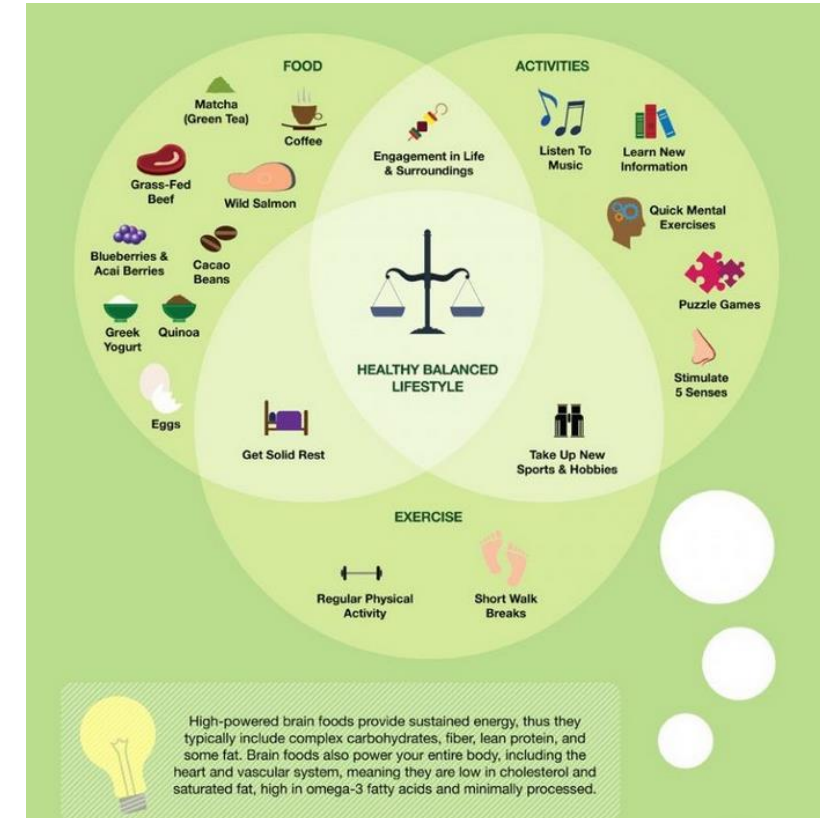
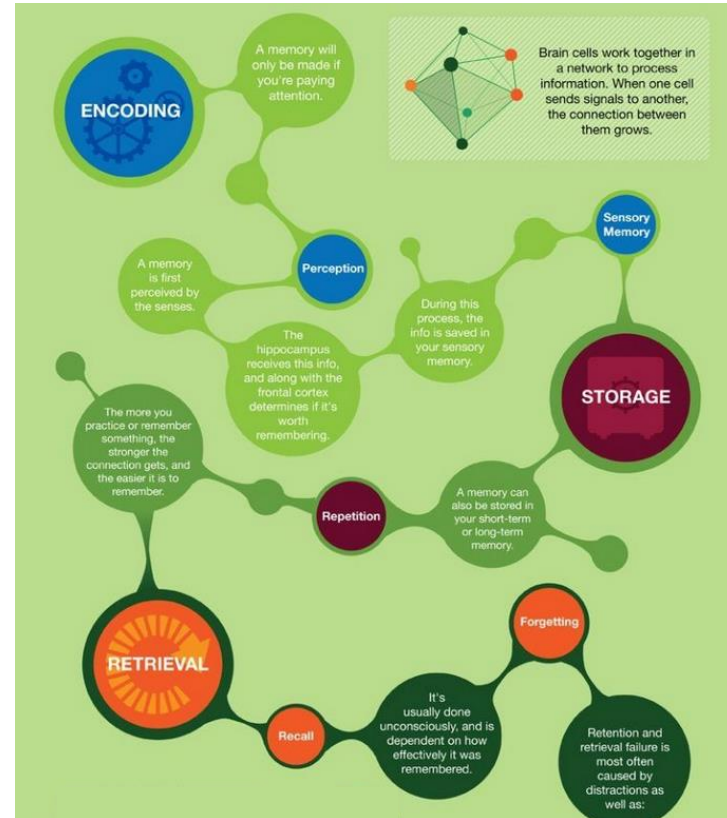
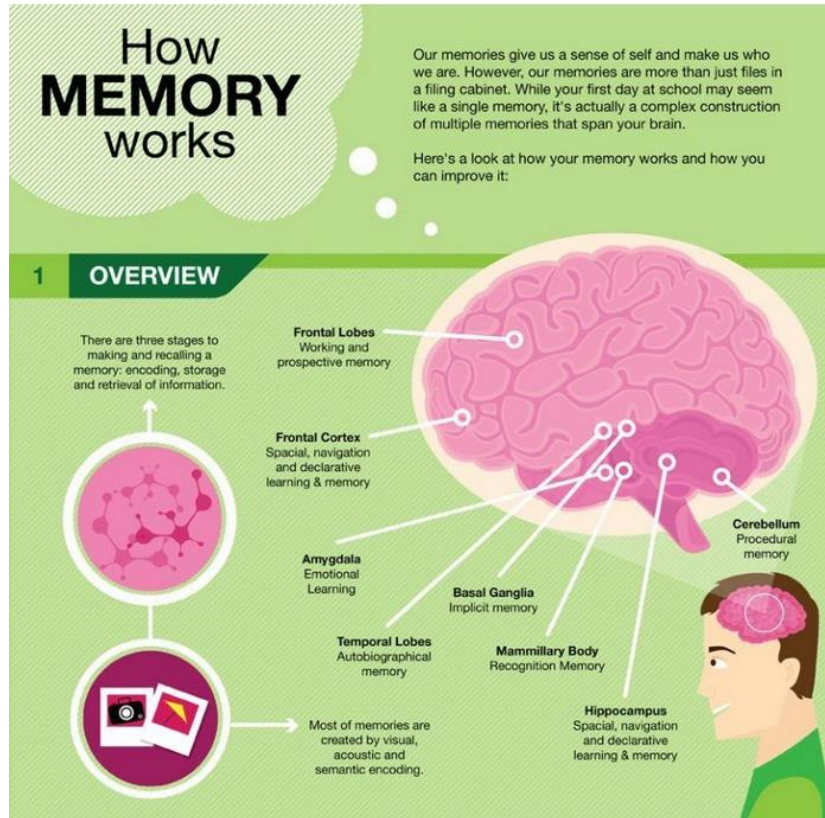
Memory Types & Secrets



3 Types of Working Memory



Memory Types & Secrets



Test Your Knowledge

The Memory Capacity Could Save Around 2.5 ...

A

**BETA
BYTE**

B

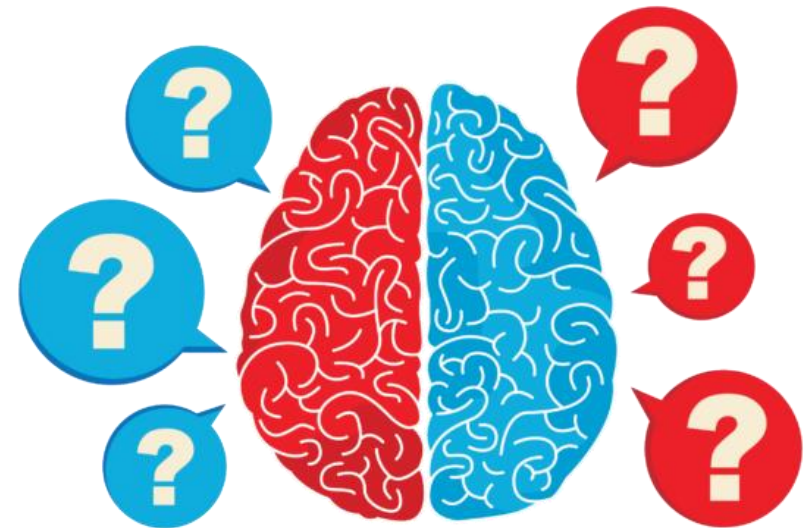
**GIGA
BYTE**

C

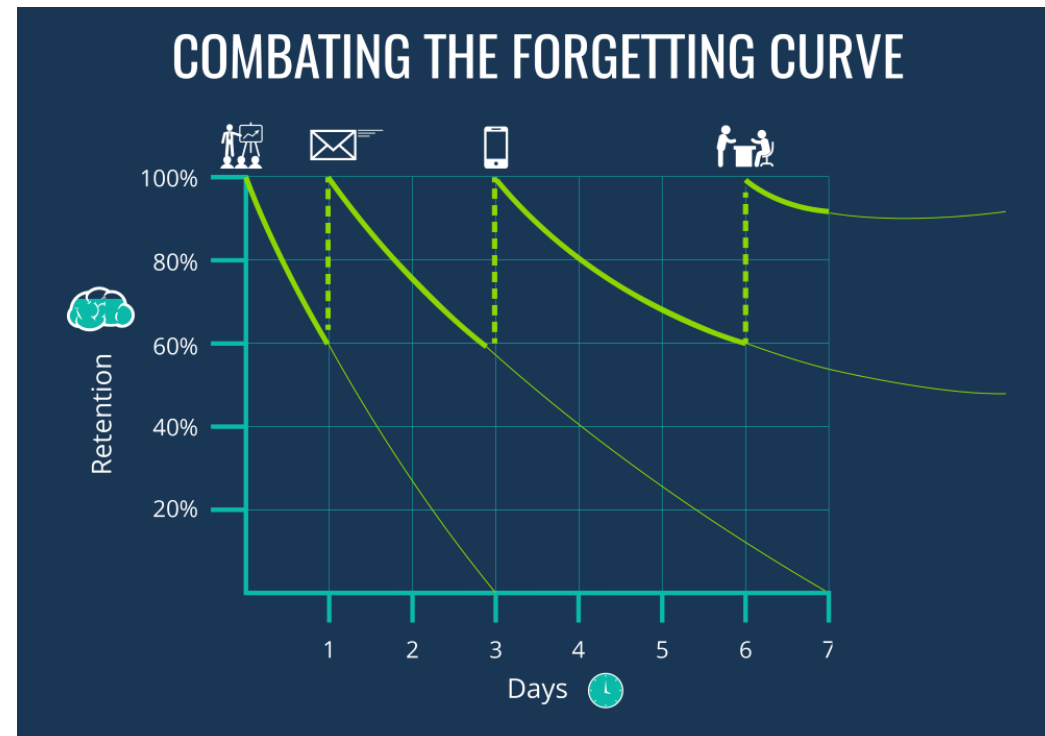
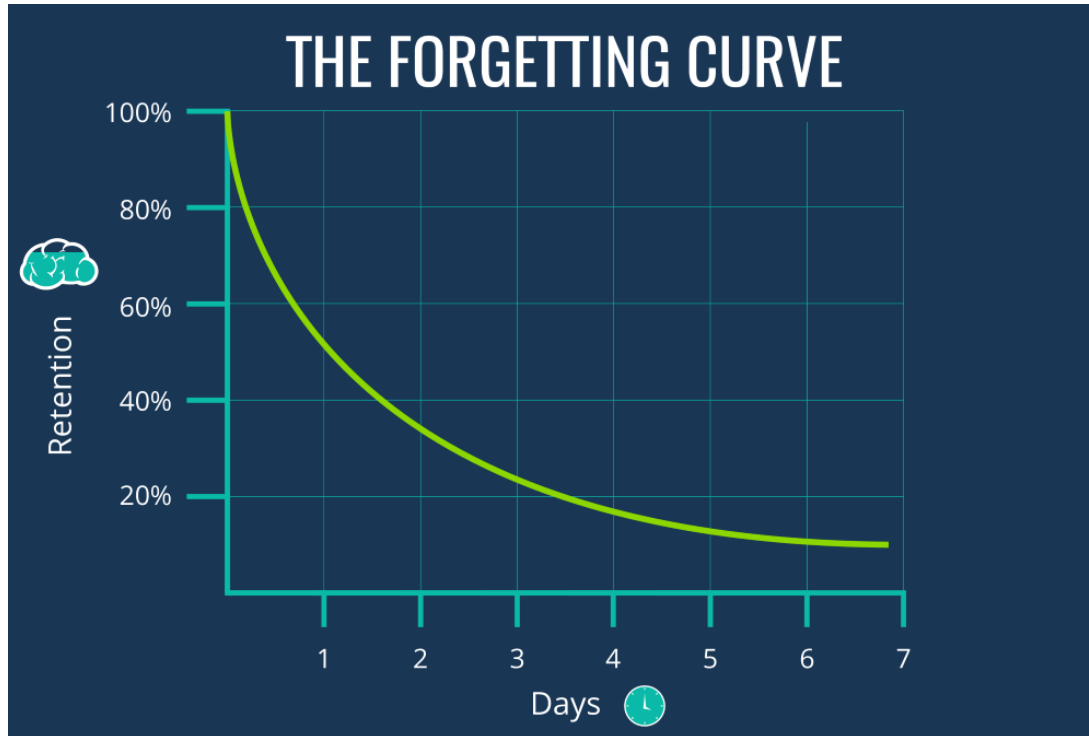
**TERA
BYTE**

D

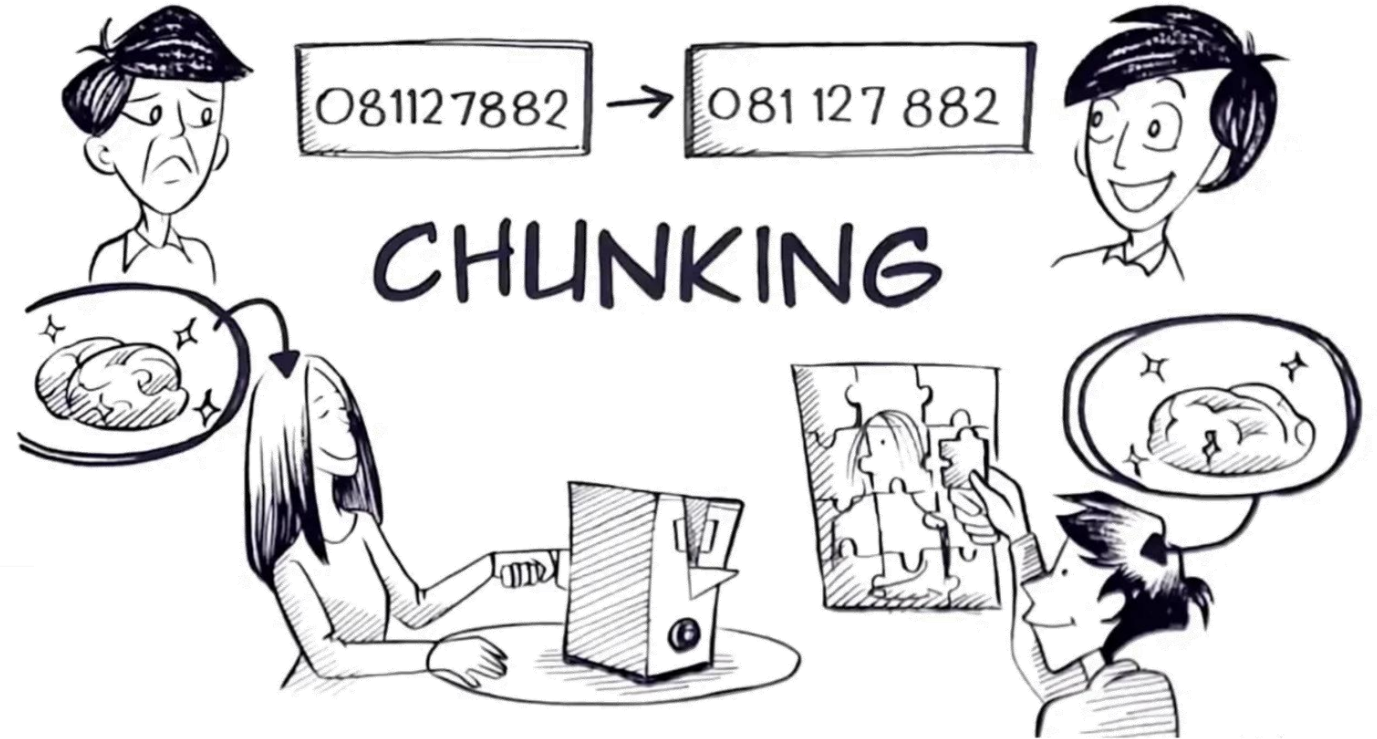
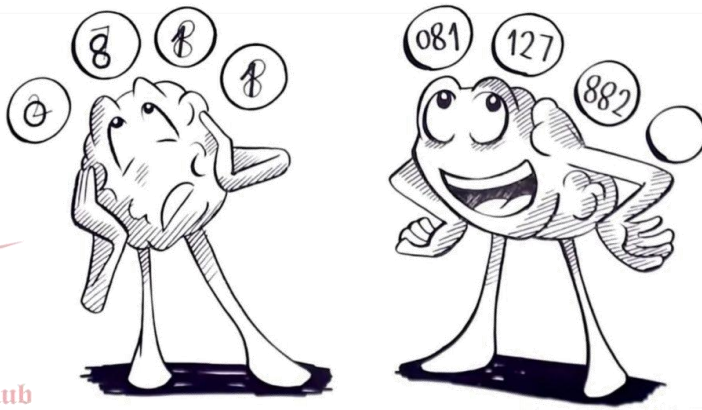
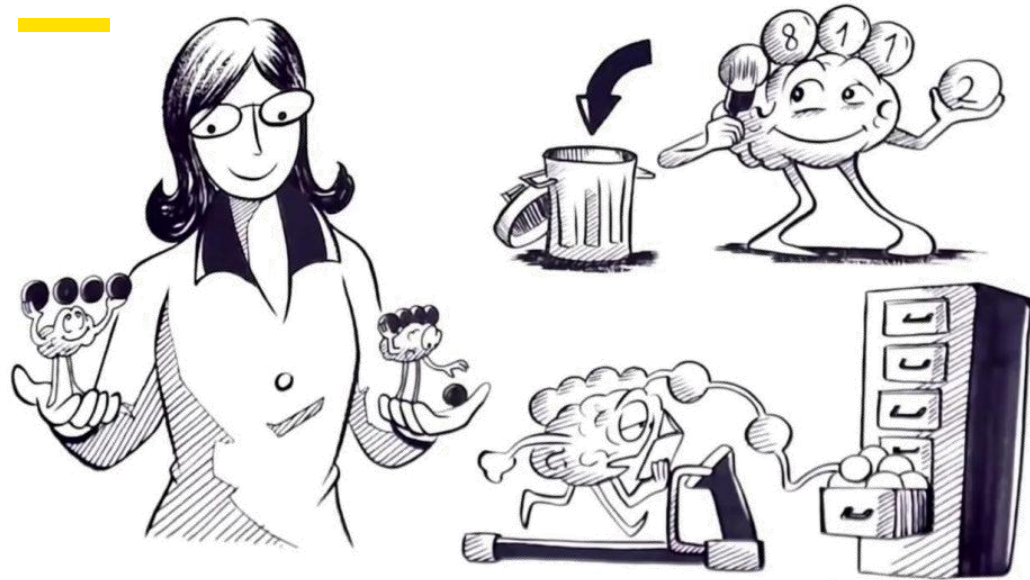
**MEGA
BYTE**



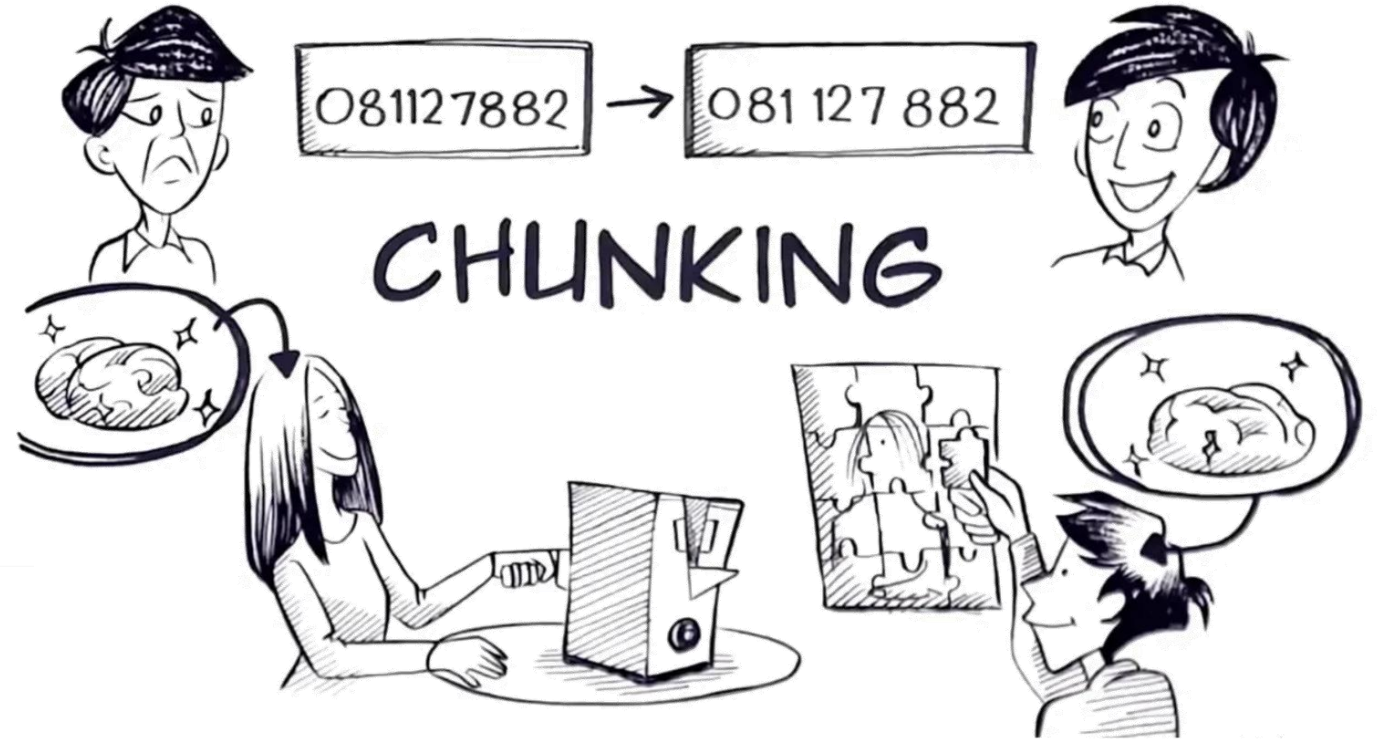
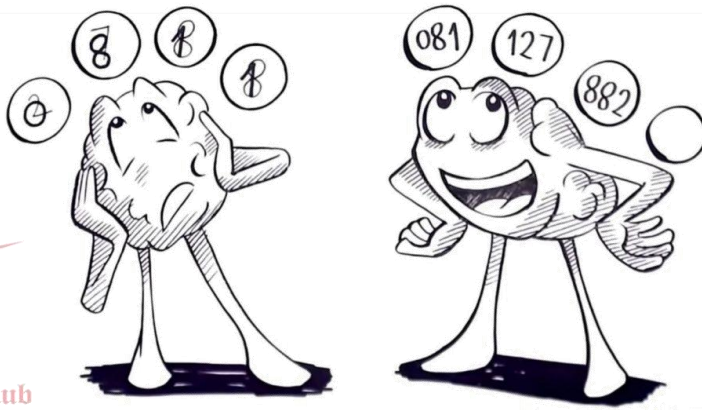
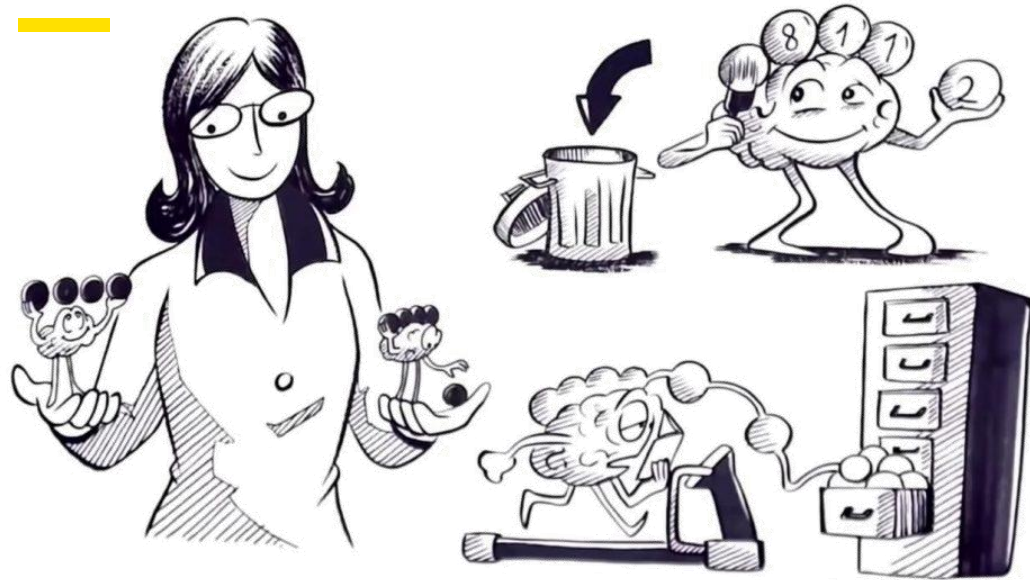
The Forgetting Curve Explained



Chunking For Retention



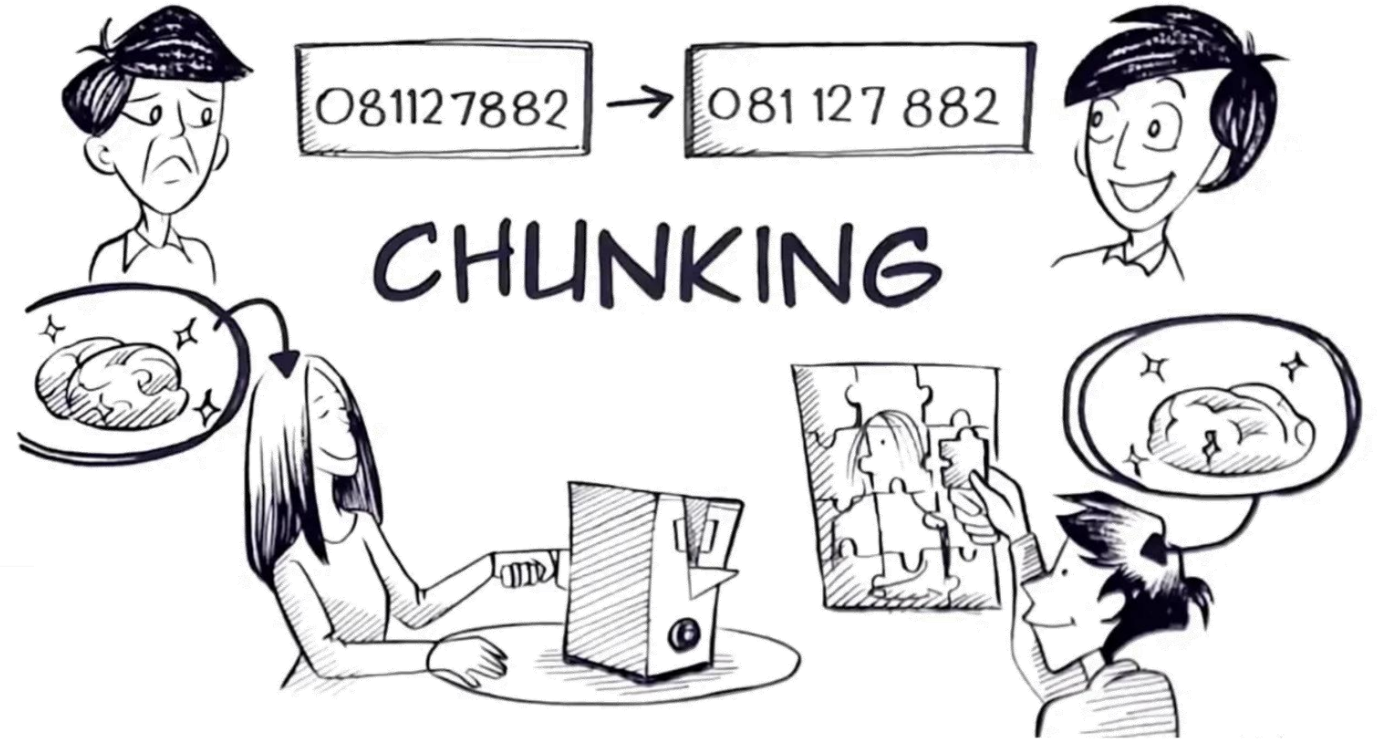
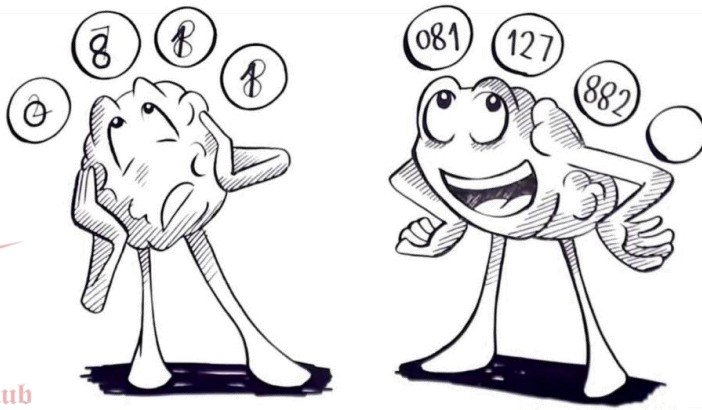
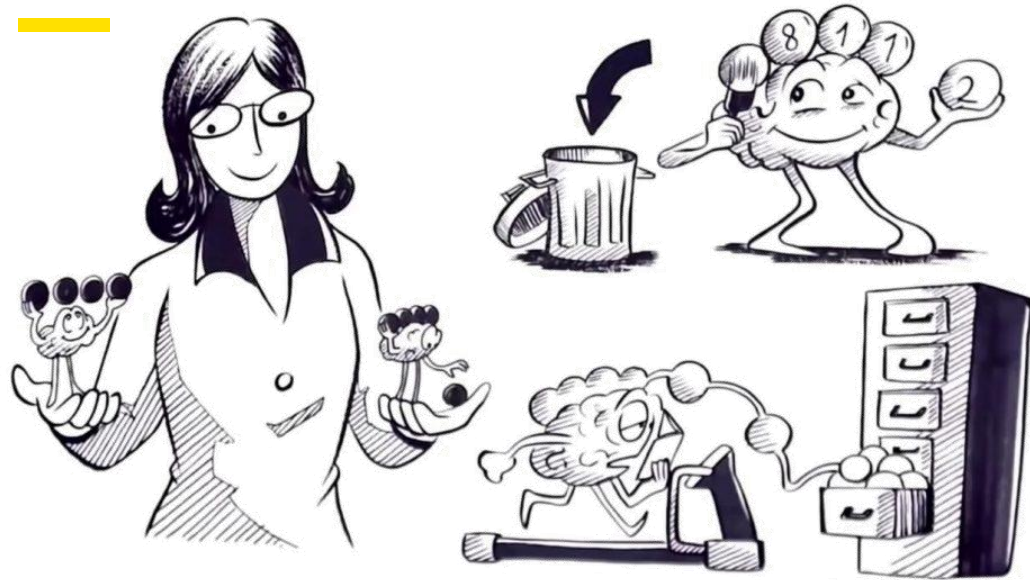
Chunking For Retention



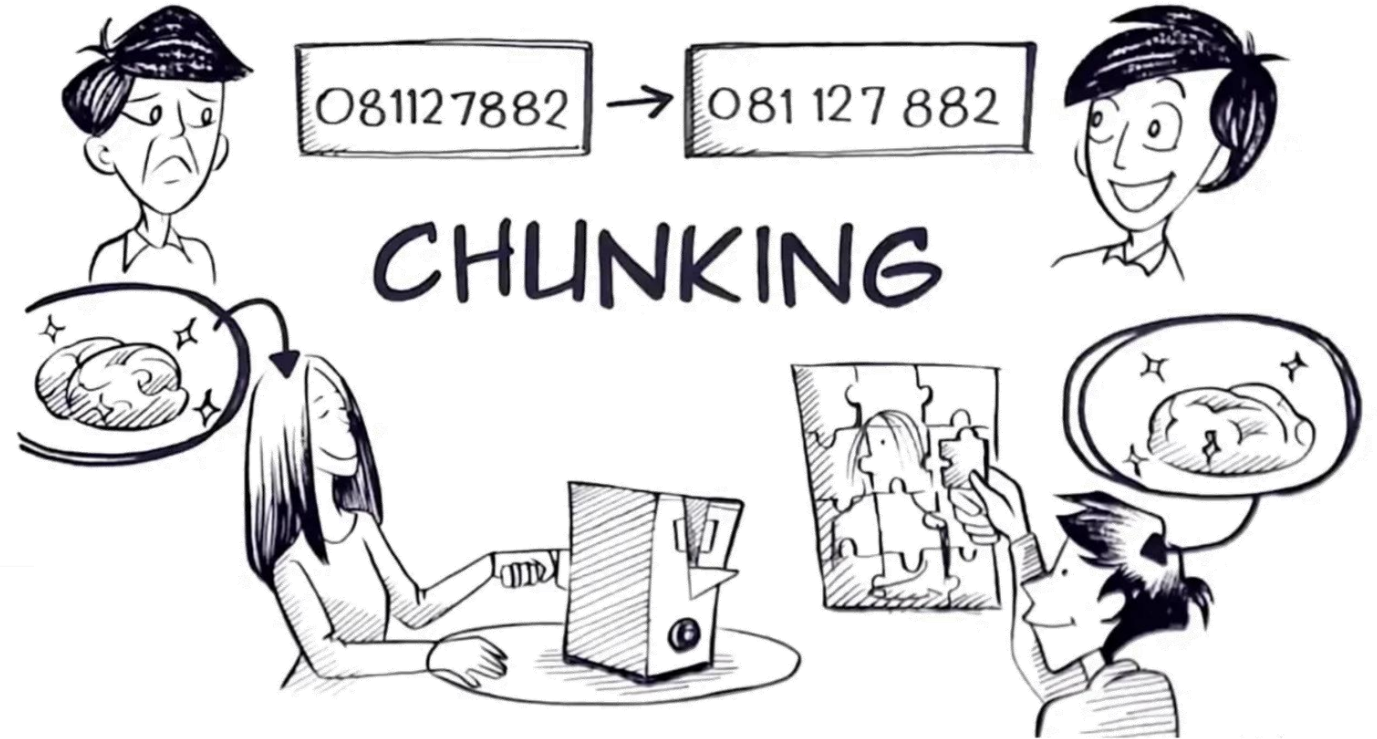
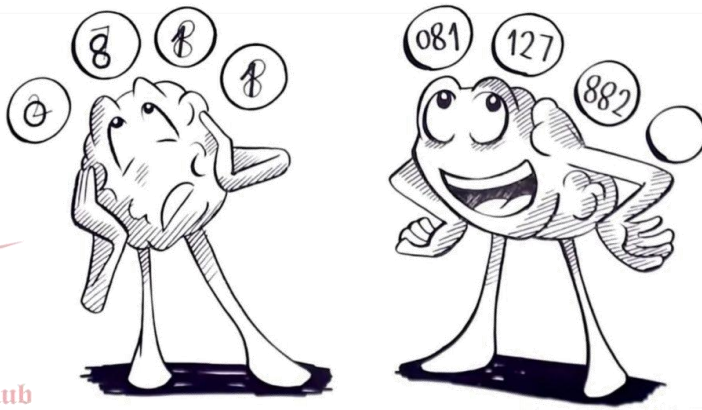
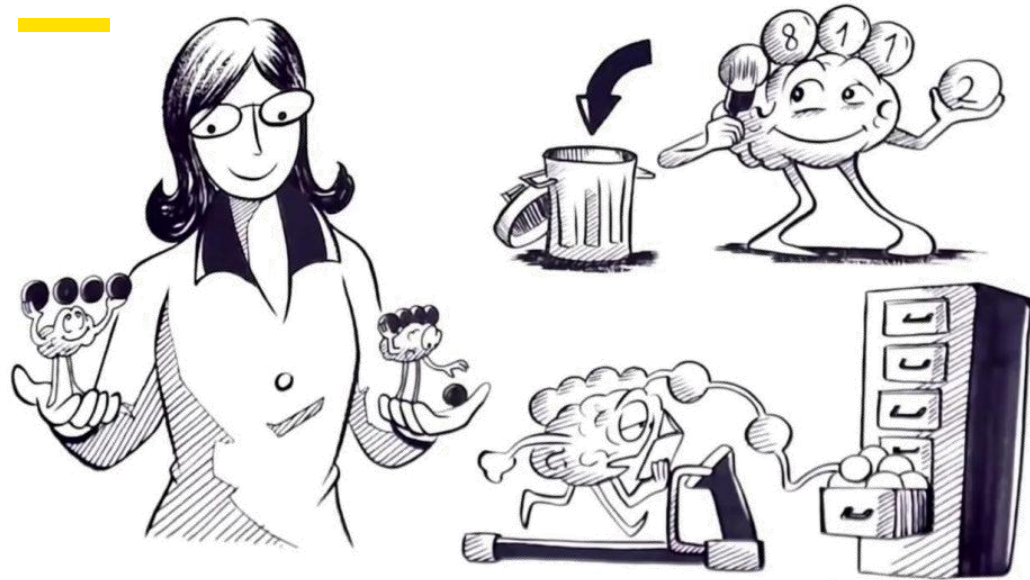
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Chunking For Retention



Chunking For Retention



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Acronyms & Mnemonics



S



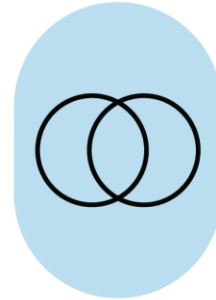
M



A



R



T



Acronyms & Mnemonics



S



SPECIFIC

Make your goals specific and narrow for more effective planning.

M



MEASURABLE

Define what evidence will prove you're making progress and reevaluate when necessary.

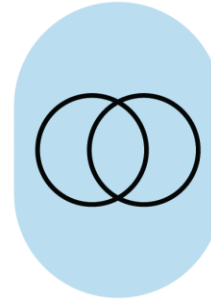
A



ATTAINABLE

Make sure you can reasonably accomplish your goal within a certain time frame.

R



RELEVANT

Your goals should align with your values and long-term objectives.

T



TIME-BASED

Set a realistic ambitious end-date for task prioritisation and motivation.

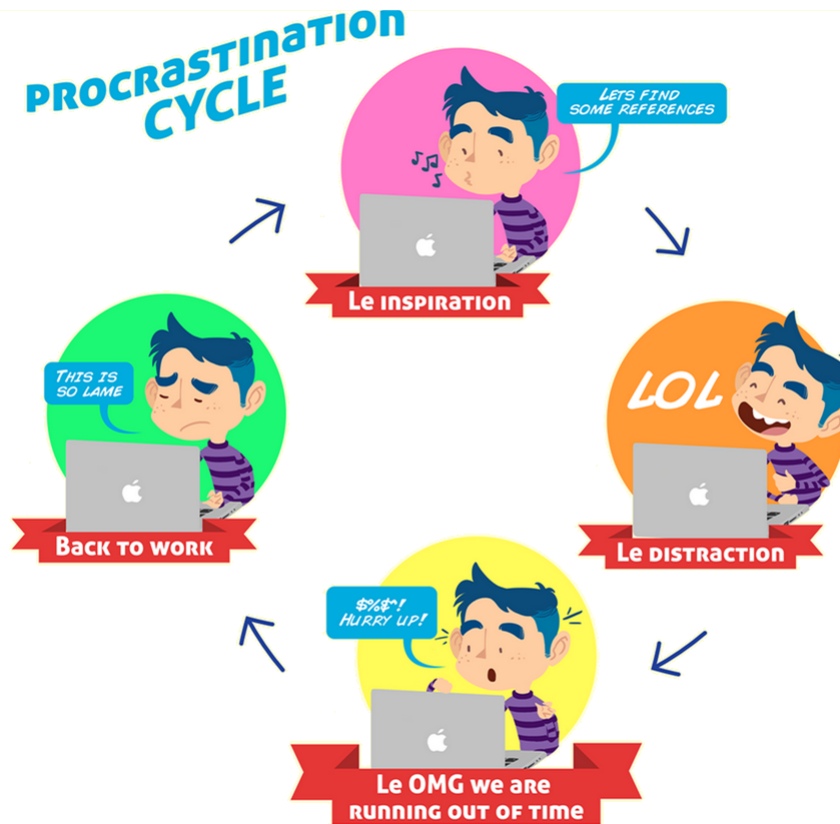
Setting Goals



Viscous Cycle of Procrastination

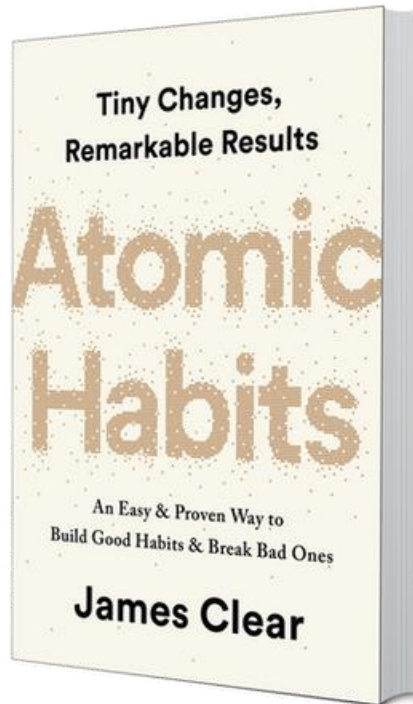
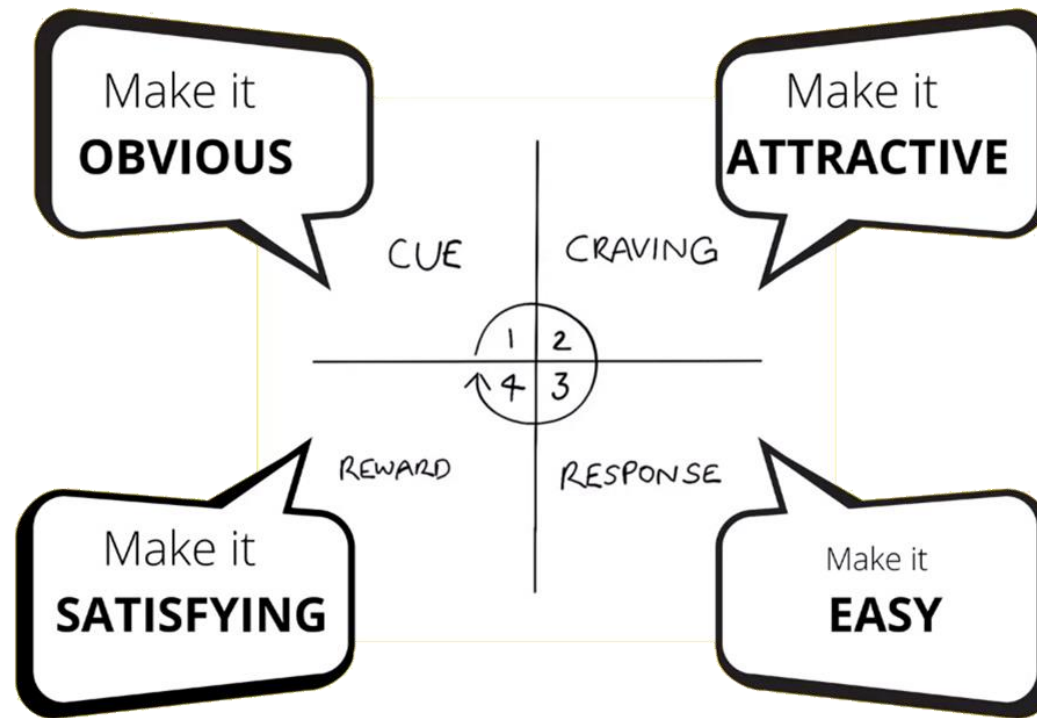


Viscous Cycle of Procrastination



Procrastination As a Habit

The Habit Loop



Spaced Learning Method for Effectiveness

THE POMODORO TECHNIQUE



1
Decide on the
Task That
You Need to
Do



2
Set the
Timer to 25
Minutes



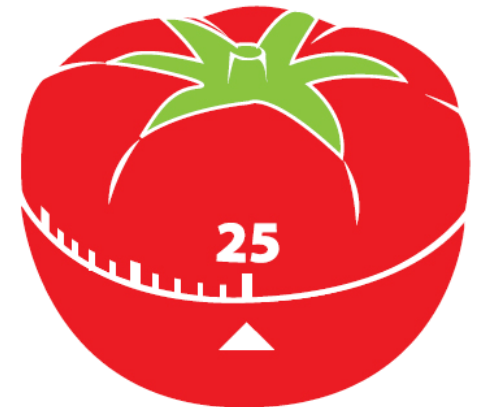
3
Work on the
Task Until the
Timer Rings



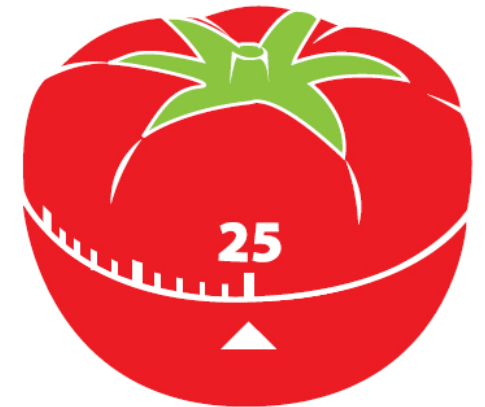
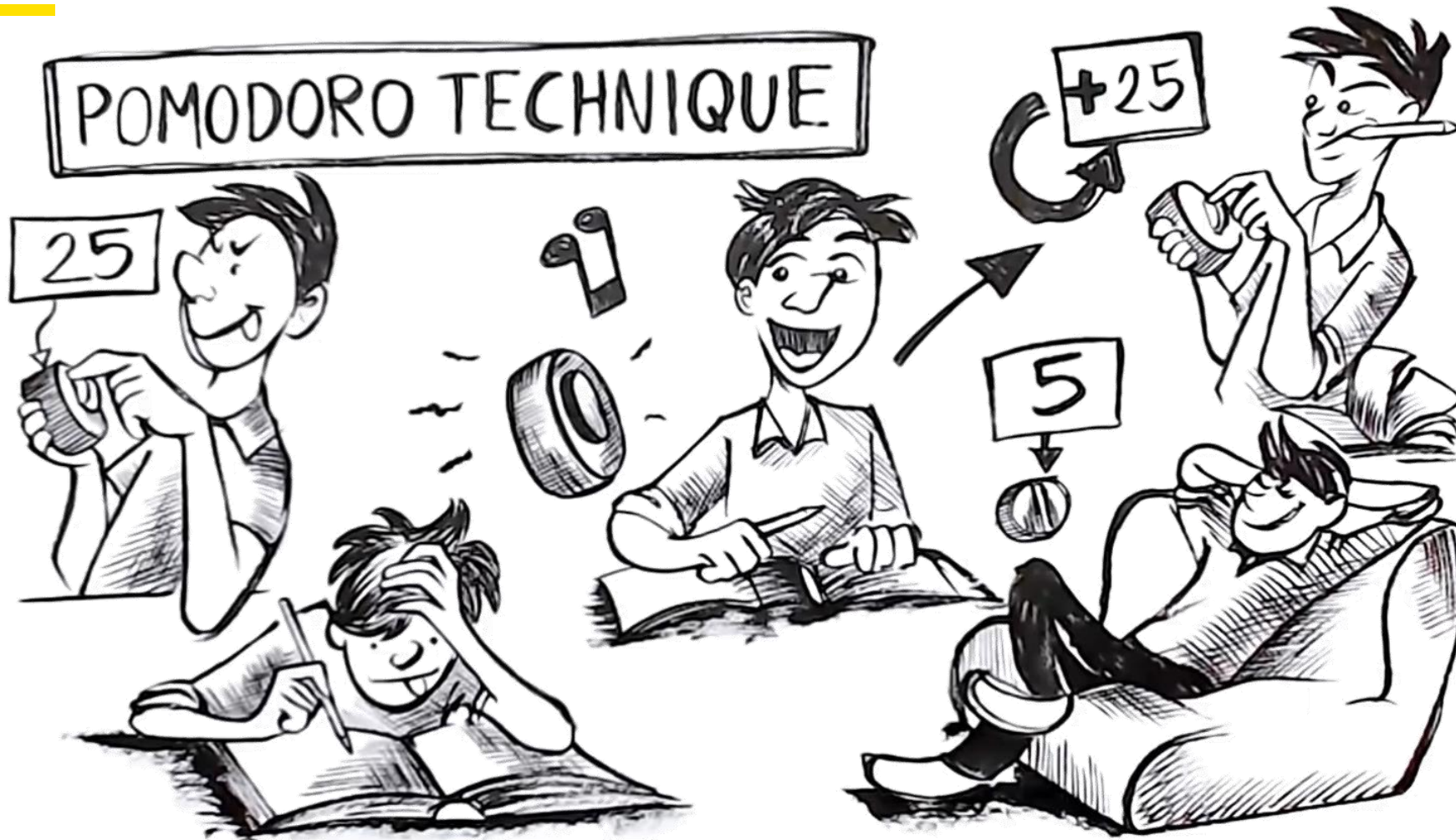
4
Take a Short
5 Minute
Break



5
After 4
Cycles Take a
15-30 Minute
Break



Spaced Learning Method for Effectiveness



Hyper-Focus Attention Management

Hyper focus

How to Work Less
and Achieve More

Chris Bailey

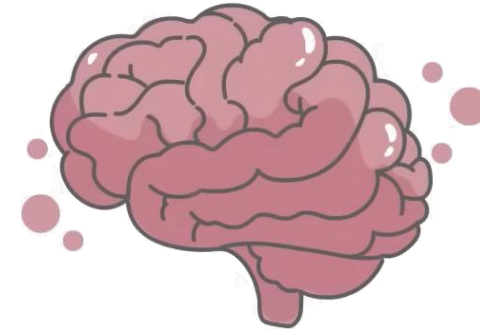
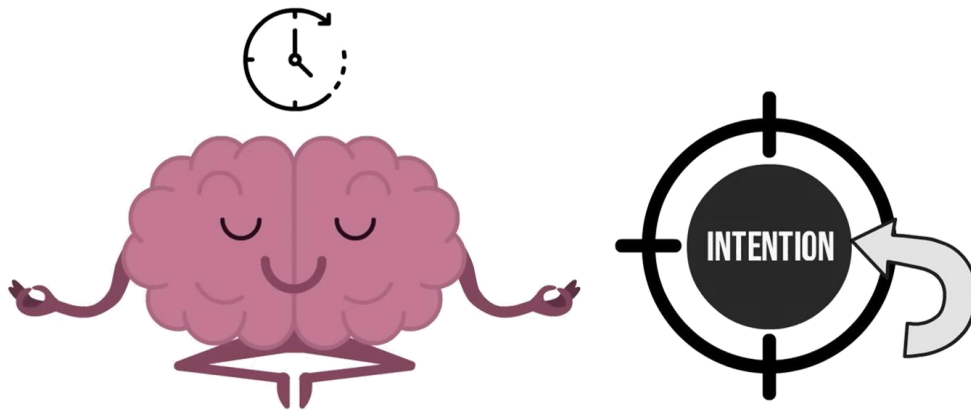
FOUR QUADRANTS OF ATTENTION MANAGEMENT FOR PRODUCTIVITY



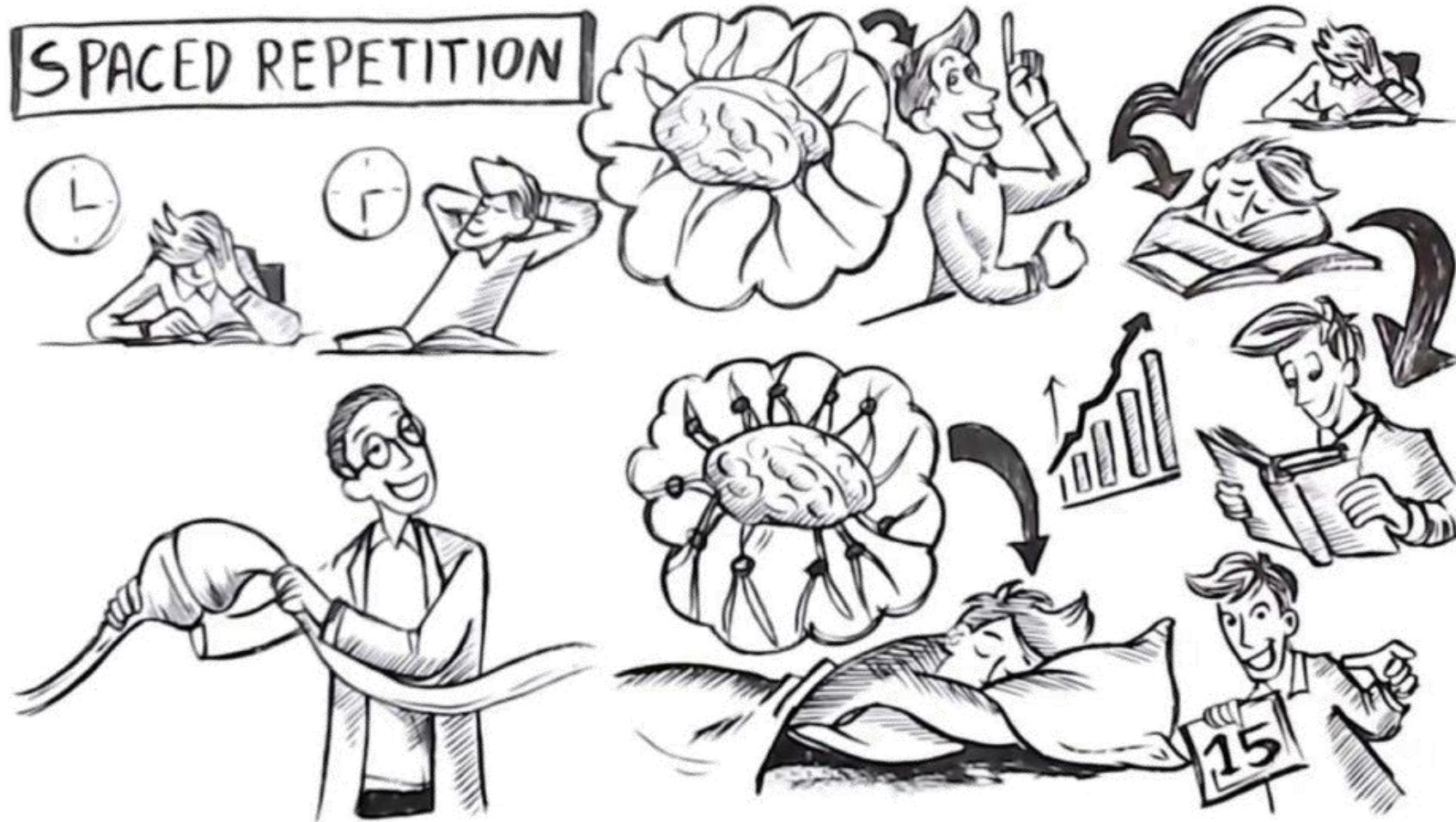
Hyper-Focus Attention Management



Every 40 seconds...



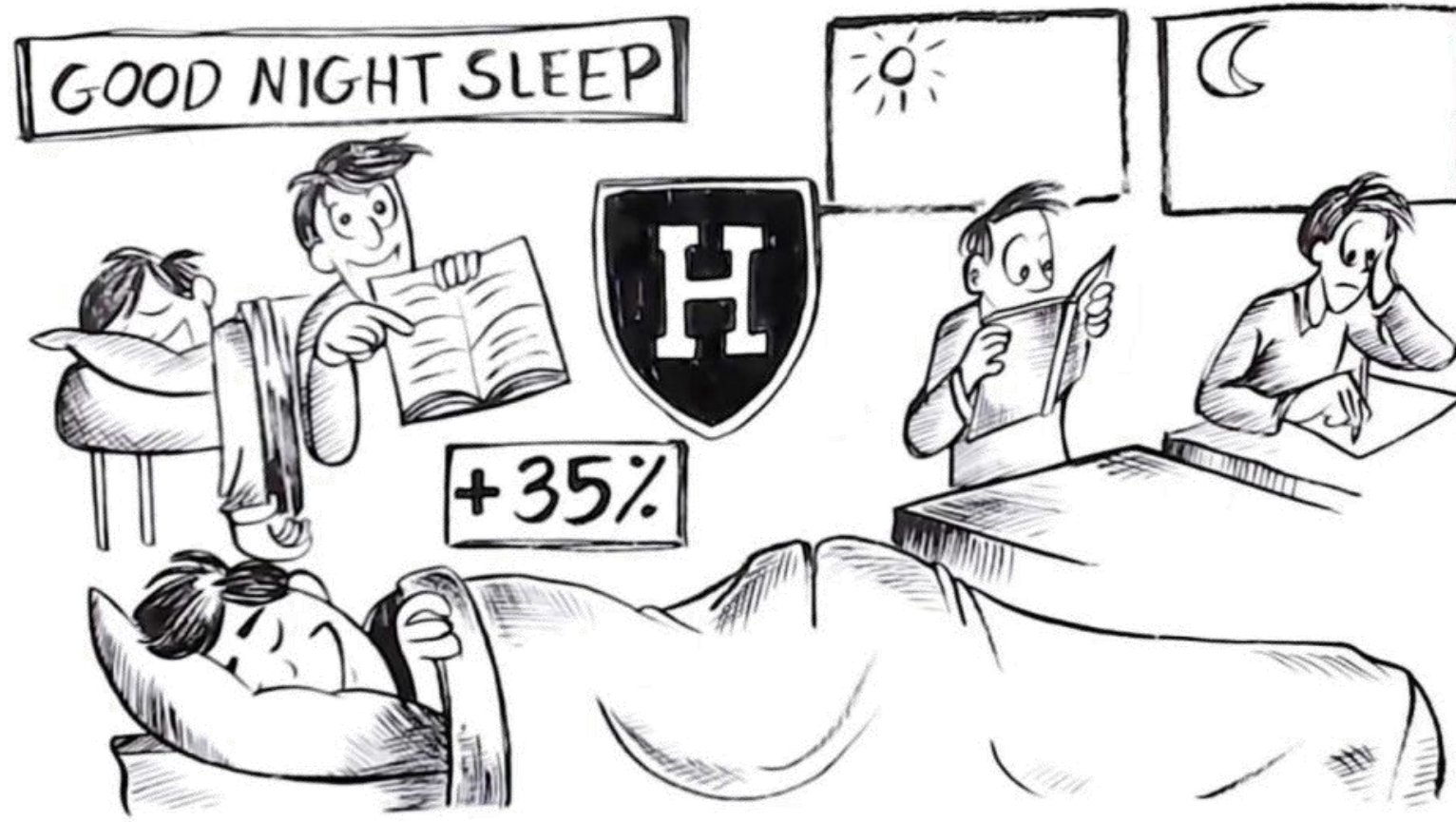
Scientific Tools & Techniques for Learning



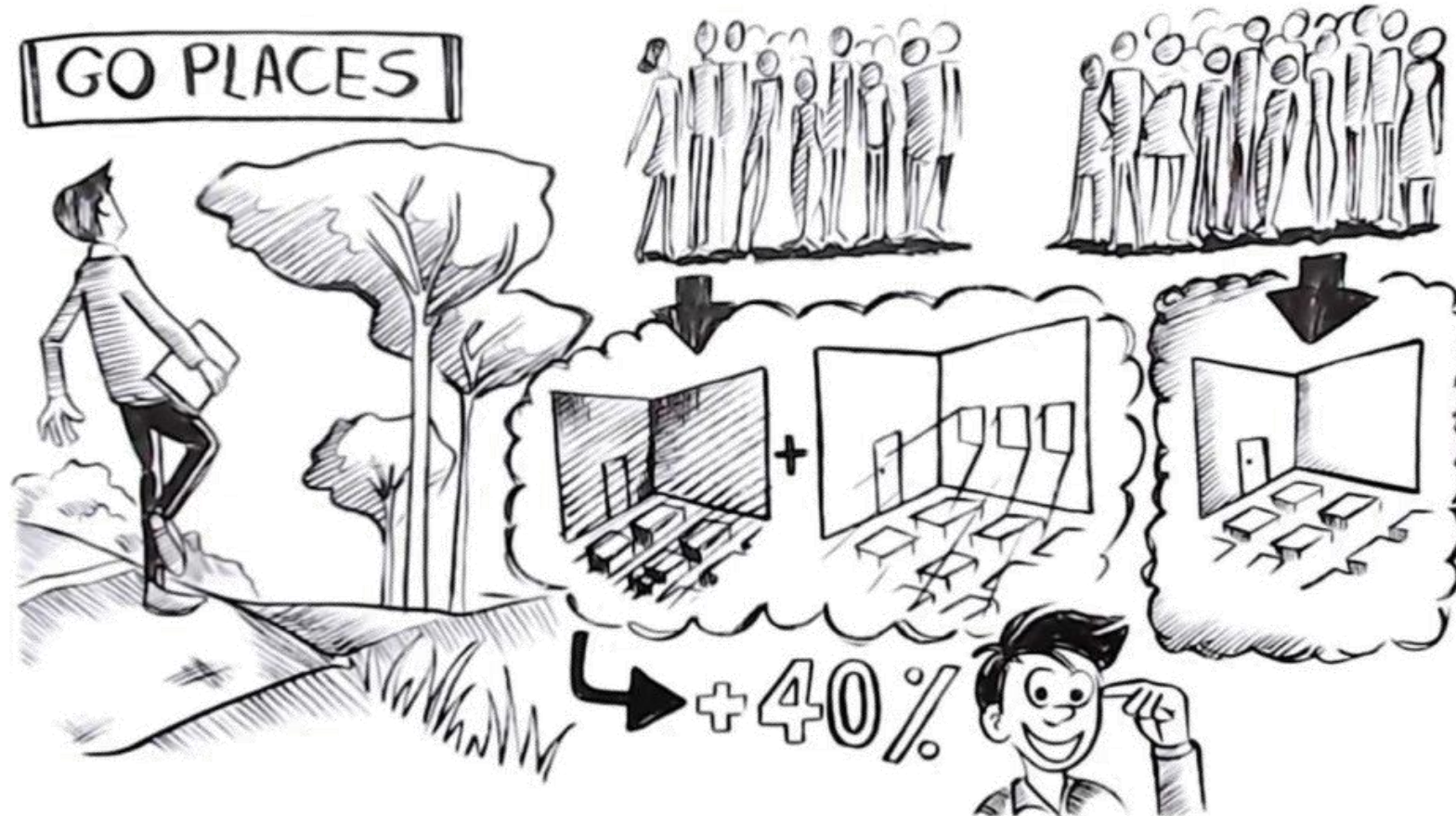
Scientific Tools & Techniques for Learning



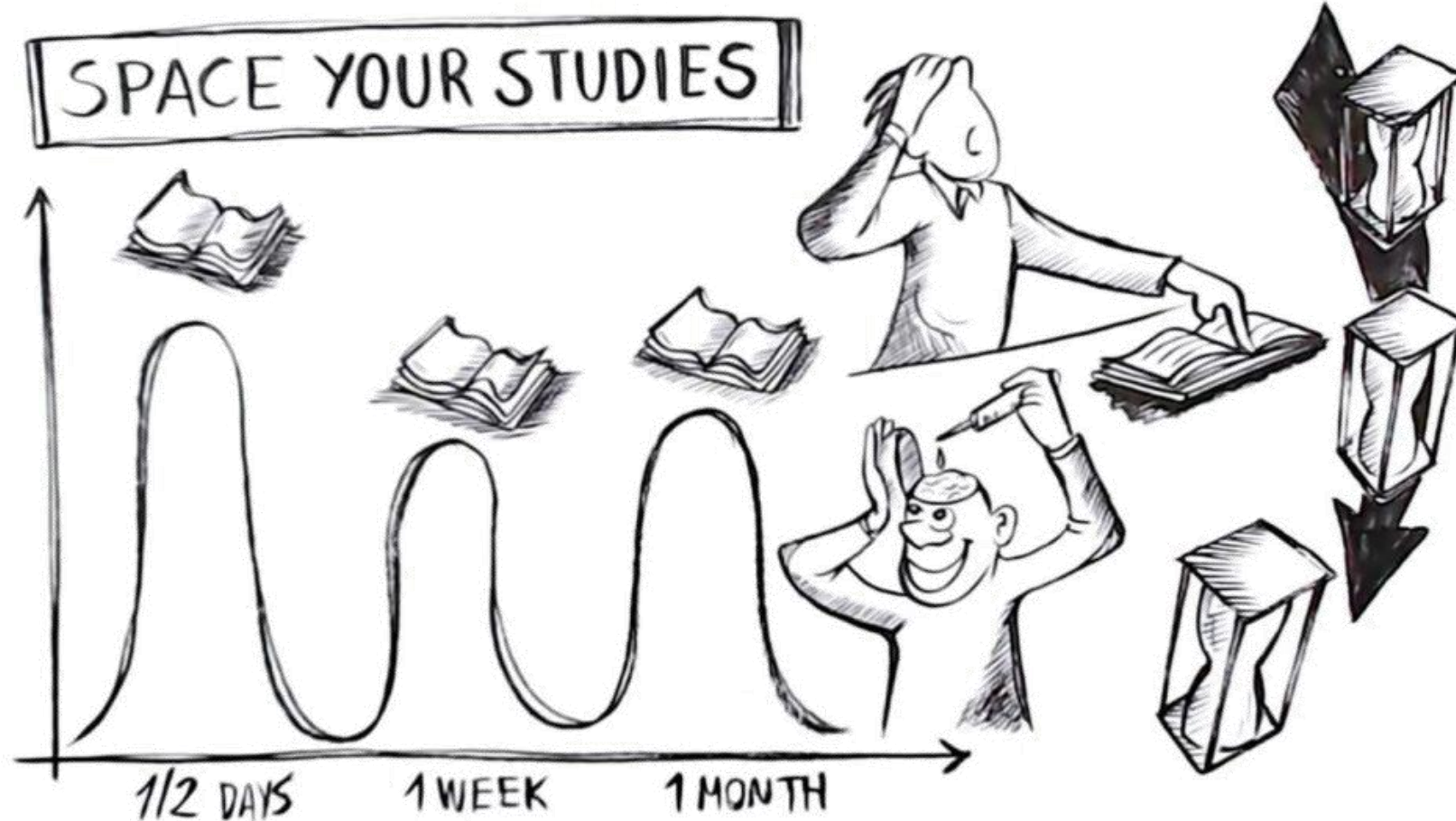
Scientific Tools & Techniques for Learning



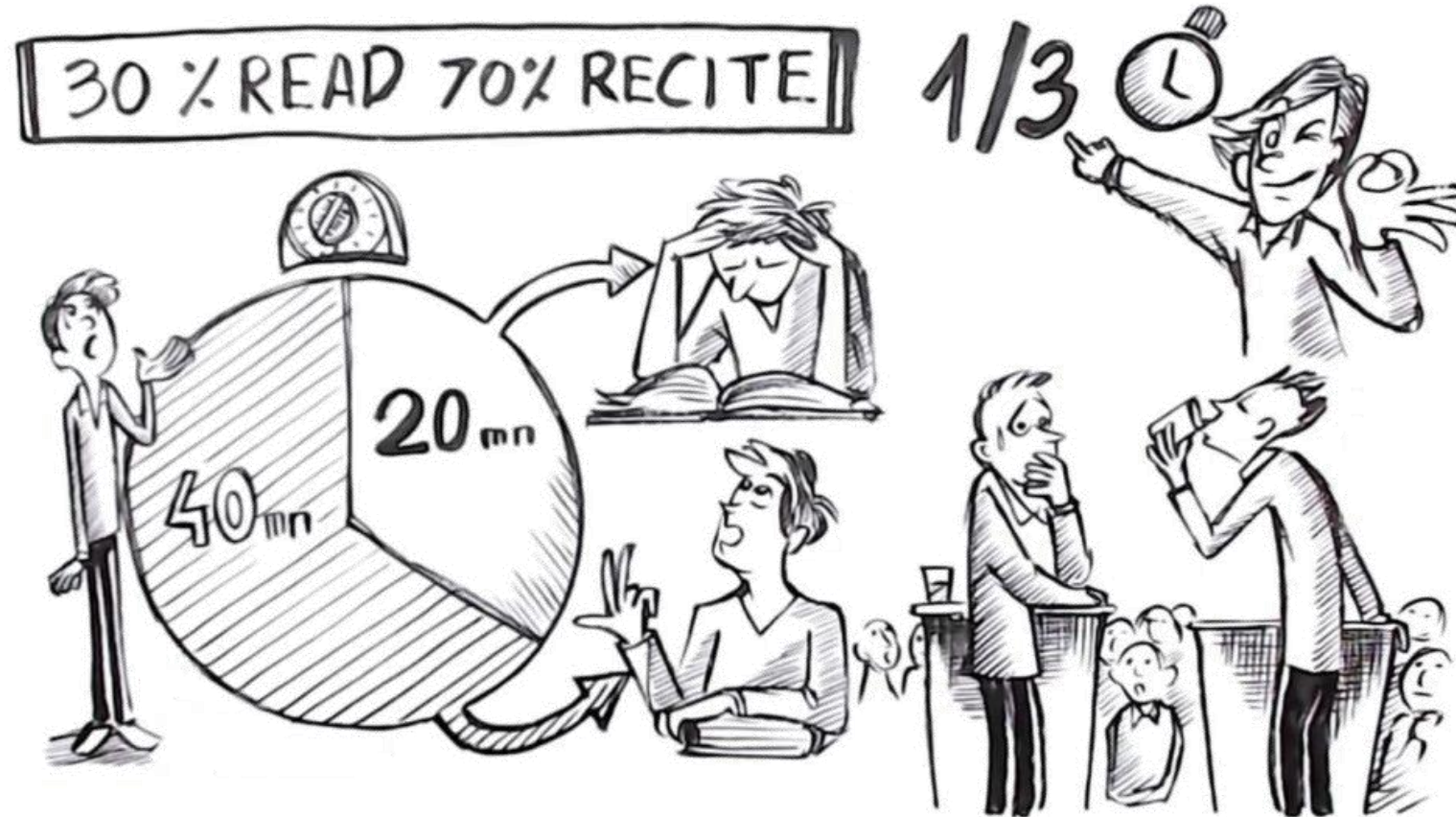
Scientific Tools & Techniques for Learning



Scientific Tools & Techniques for Learning



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