"Learning how to Learn".

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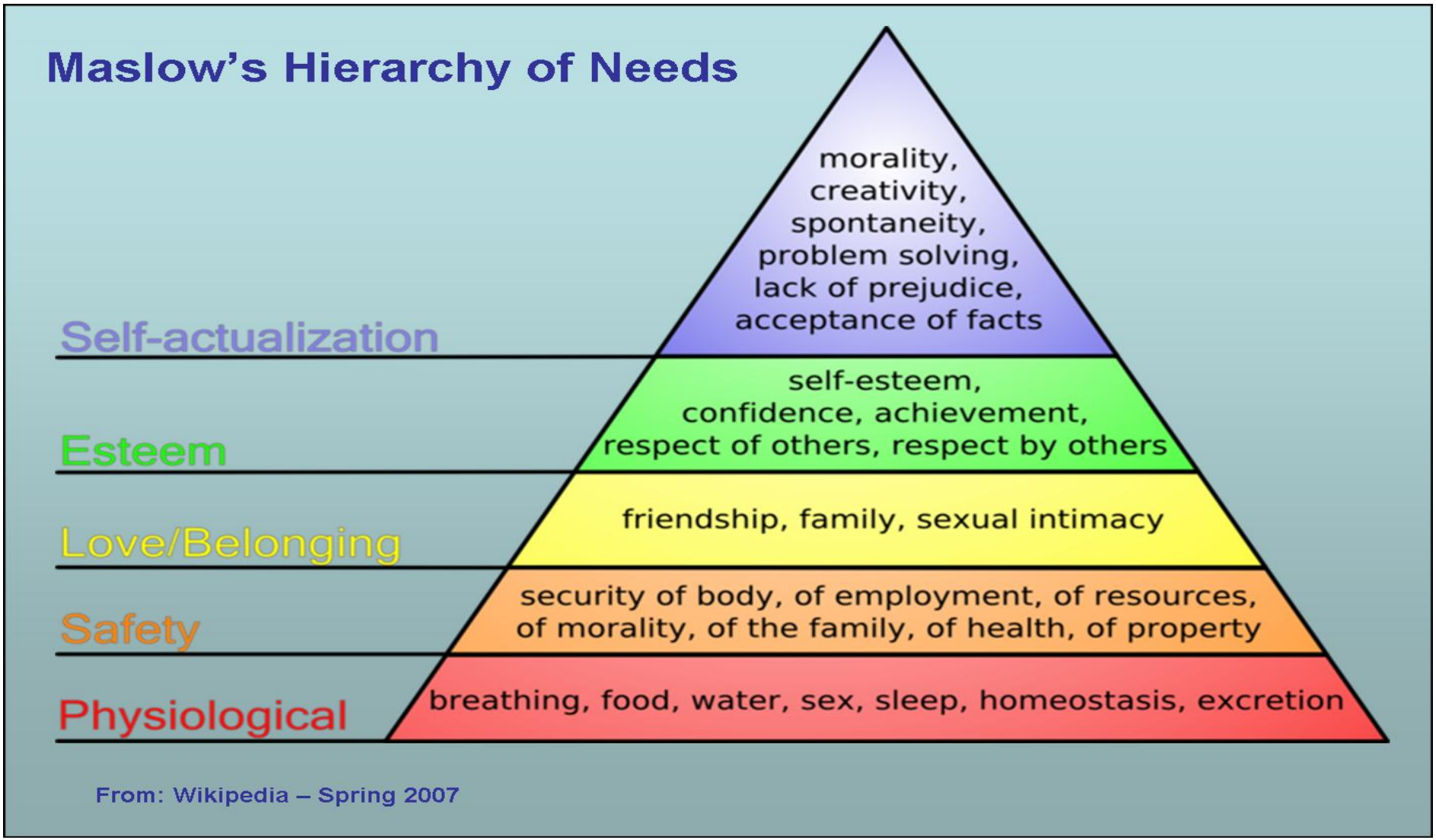
Ecosystem within: Maslow's hierarchy of needs.



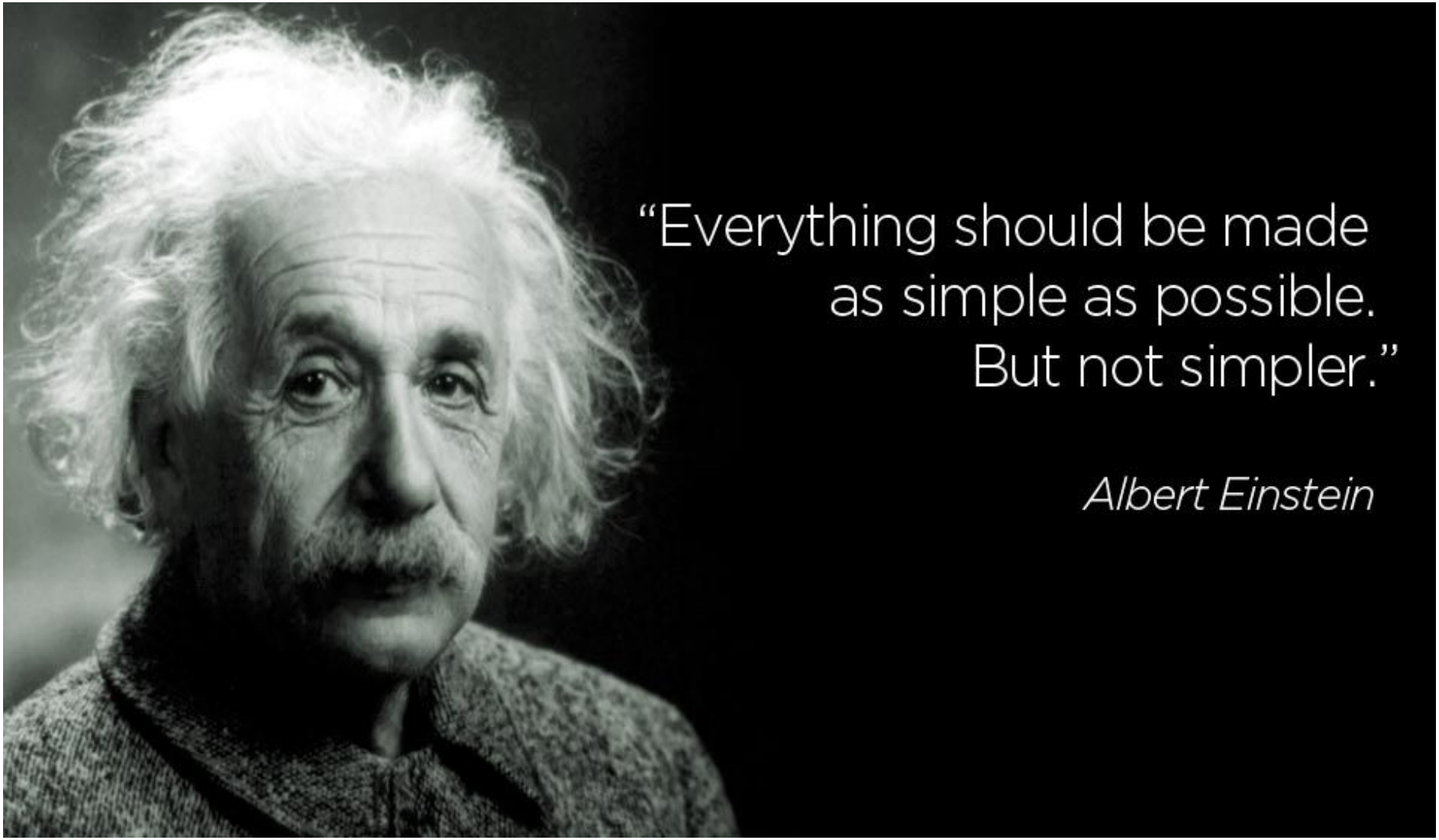
What is My goal in life?

- TO BE HAPPY ? What give me lasting happiness ?
- Self-Awareness: Identify your talents, Strengths, Gaps and Opportunities.
- What do I want to be in 5, 10, 20 yrs ?
- What do I stand for in your life.
- Make most of the resources around you
- Use AI to explore, plan and monitor
- Stop worrying about people around you, do what makes you happy
- Determination, Perseverance: Water finds its way down by gravity.
- Keep updated with advances in science: LANCET, JAMA, Science Direct
- Find a career path that fulfills all your requirements and then work for it, no matter what.

Build Foundational Understanding:

1. Understand the context: Economy, Polity, Governance, Policy, Practice,
2. Understand the scale, magnitude, importance
3. De-jargonize, proceed only after understanding meaning of words
4. Simplify issues: Identify the core issue in three lines
5. Aware of Drivers
6. Law of Cause and Effect
7. Understand and Aid NATURE.
8. LOGIC, common sense
9. Link to existing knowledge, relate things, build neural networks.
10. Scientific thinking: Evidence based, rational.
11. Who? What? When? Where? Why?
12. Reflection. Information –> Knowledge by chewing the Cud.
13. Deep memory builds from recall after mixing of topics,
14. Application of concept to problem-solving.

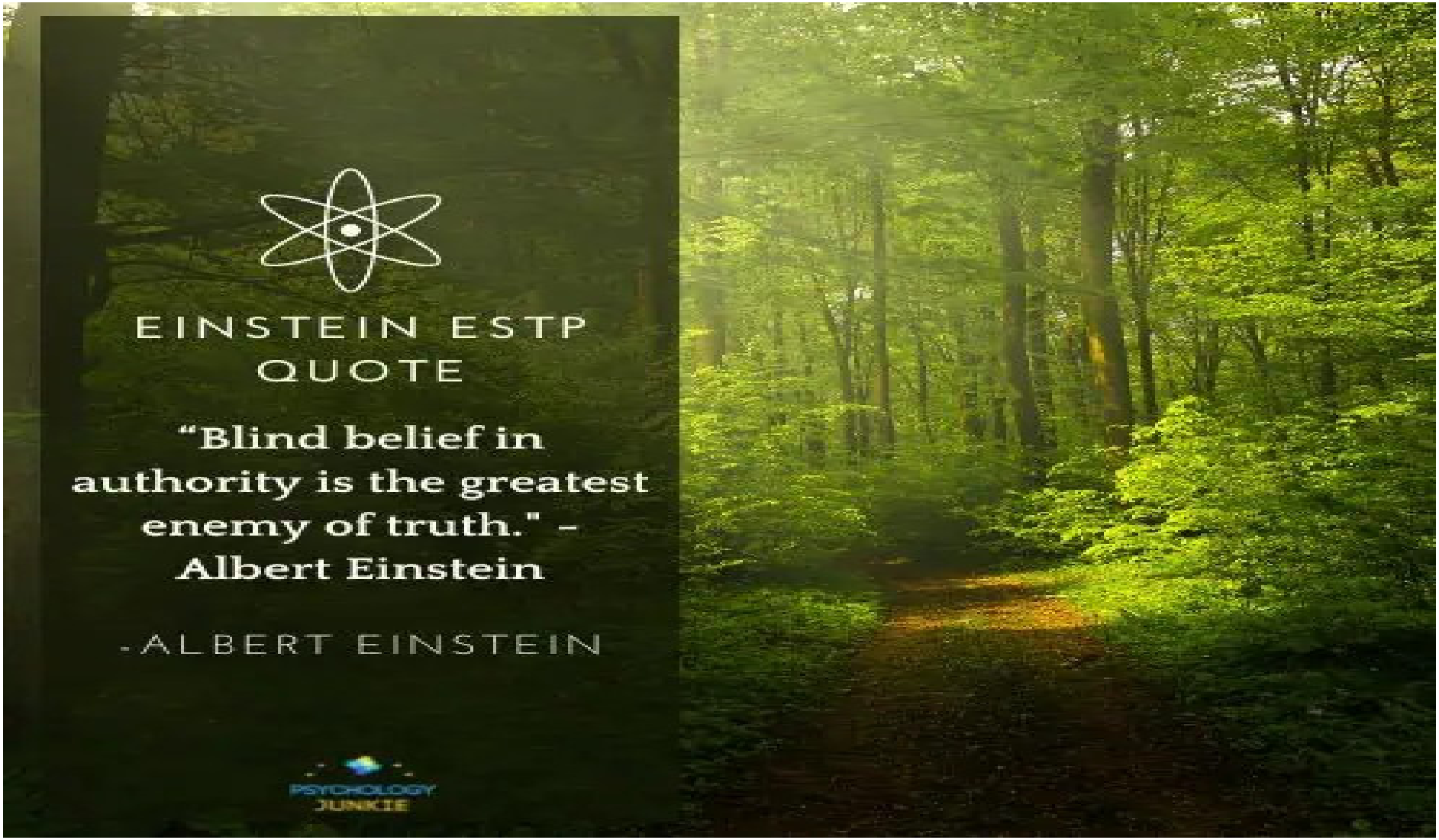
Making things simple



Metacognition

- Defining Metacognition: Understanding how you think, monitoring your own comprehension, and recognizing cognitive biases in clinical decision-making.
- Moving from rote memorization in undergraduate medicine to adaptive, lifelong self-directed learning (SDL)
- Handling the sheer volume of evolving public health data, epidemiological guidelines, and health policies.

Question authority, including Habitual thinking



Application to Public Health & Research

- Critical Appraisal as a Learning Tool: How to rapidly dissect journal articles, systematic reviews, and policy briefs.
- The PICO Framework: Patient/Population, Intervention, Comparison, and Outcome(s) (and can also include Timing and Study type).
- Application of knowledge to real life situations

Managing Cognitive Load, Preventing Burnout

- Cognitive Load Theory: Managing intrinsic, extraneous, and germane load
- Building a Personal Knowledge Management (PKM) System: Organizing clinical notes, research papers, and lecture takeaways digitally for instant retrieval.
- Reflective Practice: Maintaining learning portfolios and utilizing debriefs after fieldwork or clinical rotations.

Self-Care

- Regularity
- Diet-Exercize balance
- Be sensitive to body signals
- Mindfulness
- Reserve a transit to sleep time to digest, reorganize days experience, learning: Journal

Utilize the power of TIME

- Familiarization with topic: Intermittent reading
- Mull concepts over time
- Recall occasionally
- Revise periodically, cross-ckeck accuracy
- Learning under time pressure technique
- Reproduce concept concisely
- Memory games: as with Dates

Nature: The Ultimate source of knowledge

Tools to help in learning, managing knowledge and building understanding

- Text based, computer searchable notes files.
- Awarness of key issues dominating discourse on the subject
- Tinea vs Tenia
- Wise use of Social Media - Linkedin Account,
- Smart use of AI: Web-based, free tools like Gemini
- Intelligent Searches: Ask the right questions
- Encourage, reward curiosity, intuition
- Mental assessment of time value of information

Make Intelligent use of AI:

- What is AI ? LLM ?
- How are responses generated ?
- Context setting the key: Keep memory on, Feed your background, expertize and tastes.
- Free and openly available models:
  - Gemini `https://gemini.google.com/app`
  - Kimi: `https://www.kimi.ai/chat/1a03394d-df22-89de-8000-09082acb7b5c?chat_enter_method=home`
  - Hugging Faces
  - Mistral
  - DeepSeek

Conclusion

Post-graduate medical education is not about consuming all available knowledge, but building a sustainable mental architecture to acquire, evaluate, and apply new evidence independently.