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Barbara oakley mindshift

At a time when we are constantly being asked to retrain and reinvent ourselves to adapt to new technologies and changing industries, this book shows us how we can uncover and develop talents we didn't realize we had, no matter what our age or background. We are often asked to follow our passions. But in Mindshift, Dr Barbara Oakley shows us how we can expand our passions. Drawing on the latest neuroscience insights, dr. Oakley shepherds us past simplistic ideas of aptitude and ability, which only provides a snapshot of who we are now, with little regard for how we can change. Even seemingly bad traits, such as a bad memory, come with hidden benefits, like increased creativity. Profiling people from all over the world who have overcome learning limitations of all kinds, Dr. Oakley shows us how we can turn perceived weaknesses, such as imposter syndrome and advancing age, into strengths. People may feel that they are at a disadvantage if they pursue a new area later in life, but those who change careers can be fruitful cross-pollinators: They bring valuable insight from one discipline to another. Dr. Oakley teaches us learning strategies that are backed by neuroscience so that we can realize the joys and benefits of a learning lifestyle. Mindshift takes us deep into the world of how people change and grow. Our biggest stumbling block may be our own preconceived opinions, but with the right mental insight, we can exploit hidden potential and create new opportunities. It's easy to follow your passion. It's hard to find it. This book is full of examples that can help — people who have found their way around roadblocks or just ploughed right through them. Adam Grant, The New York Times bestselling author of originals and give and take Oakley convincingly argues that a few conscious changes in the way people learn activate an astonishing new capacity for personal change. Success Magazine, Oakley's work is remarkable for its breadth and depth... Fascinating, James Taranto, The Wall Street Journal Read all reviews Mindshift reveals how we can overcome stereotypes and preconceived ideas about what is possible for us to learn and become. At a time when we are constantly being asked to retrain and reinvent ourselves to adapt to new technologies and changing industries, this book shows us how we can uncover and develop talents we didn't realize we had — no matter what our age or background. We are often asked to follow our passions. But in Mindshift, Dr Barbara Oakley shows us how we can expand our passions. Drawing on recent neuroscience insights, Dr. Oakley shepherds us past simplistic ideas about fitness and ability, which only provide a snapshot of who we are now - with little regard for how we can change. Even bad traits, such as a bad memory, come with hidden benefits - similar Creativity. Profiling people from all over the world who have overcome learning limitations of all kinds, Dr. Oakley shows us how we can turn perceived weaknesses, such as imposter syndrome and advancing age, into strengths. People may feel that they are at a disadvantage if they pursue a new area later in life, but those who change careers can be fruitful cross-pollinators: They bring valuable insight from one discipline to another. Dr. Oakley teaches us learning strategies that are backed by neuroscience so that we can realize the joys and benefits of a learning lifestyle. Mindshift takes us deep into the world of how people change and grow. Our biggest stumbling block may be our own preconceived opinions, but with the right mental insight, we can exploit hidden potential and create new opportunities. pixabay.comNo no matter your life circumstances, you have the ability to change your habits and train your brain to learn something new. Regardless of past educational experience or other factors such as age, socioeconomic status, gender, etc., the brain's inherent neuroplasticity (its ability to alter and form new connections between neurons) makes it possible to retrain yourself and learn new skills at any point in your life. It can be difficult, but it's not impossible. With the right effort, grit, self-awareness, discipline and proper support structure, we can surpass our own self-imposed boundaries. With the advent of online learning platforms, access to knowledge in a staggering amount of subjects from thousands of colleges and universities is available worldwide with little or no cost. The author of this book is one of the instructors of a top rated MOOC (massive open online course) called Learning to Learn. Thousands - even hundreds of thousands of people can sign up for courses like this. For a small fee compared to traditional schooling, it is possible to earn certificates and get full access to course content. This is a great tool that is fast becoming increasingly popular for lifelong learners and people seeking alternative routes to traditional education. The author gives a behind the scenes look at how a MOOC is made, how to choose one that is right for you, as well as their pros and cons of embarking on this learning experience. In addition to signing up for a MOOC, there are many ways to help ease a mindshift. We may want to experience this shift if we try to break an old habit, change careers, pick up a new hobby or skill, overcome academic failures, overcome a fear like public speaking, etc. Whatever our reason for embarking on a mindshift, the author gives many examples of people who turned their lives and careers around by finding opportunities in challenges, harnessing seemingly useless skills in new endeavors, putting in the hard work that to realize a dream, move their their embark on a new career during mid-life or later, listen to the intuitive wisdom of their inner selves, try a new hobby, not give up when faced with a challenge, etc. I enjoyed reading about the people who achieved success despite the odds being against them, and often in areas where they never seemed to have any ability to. It reminded me that you can achieve greatness when you let go of the expectations of what you are supposed to do or are supposed to be good at. The hardest obstacle is often yourself. I found the book to be inspiring, and it also reminded me that success is different for each person and you never know what you can achieve until you try to keep trying. idioma: Inglés Formatos Disponíveis: Adicionado à lista de desejos CONSULTAR STOCK » RESERVAR Livrarias Mindshift is designed to help boost your career and life in today's fast learning environment. Regardless of your age or scene, Mindshift teaches you essentials such as how to make the most of online learning and MOOCs, how to seek out and work with mentors, the secrets to avoiding career sheds (and disasters) and general wheeling tracks in life, and insights such as the value of selective ignorance over general competence. We will provide practical insights from the science of how to learn and change effectively, even in maturity, and we will build on what you already know to take your life's learning in amazing new directions. This course is designed to show you how you look at what you learn and your place in what is unfolding in the community around you so that you can be what you want to be, given the real-world constraints that life places on us all. You'll see that by using certain mental tools and insights, you can learn and do more — far more — than you may have ever dreamed of! This course can be taken independently of, simultaneously with or after, its companion course, Learn to Learn. (Mindshift is more career focused, and learning how to learn is more learning-focused.) A great companion to Mindshift, MOOC. Also a continuation of MOOC Learning How to Learn. If you've taken one of Oakley's online courses, you know exactly what to expect with this. It covers exactly the same material as MOOC with the same title, namely: inspiration for lifelong learning, gentle nudges to go outside mental comfort zones, a range of tips for and just enough neuroscience to provide scientific support for the material. The book contains additional examples and material that were not covered by MOOC, and some of these were the most interesting to me personally. Chapter 5 told the story of a successful ninth-grade apostasy, which I found relatable (I never dropped out, but my memories of the school echo his experience). I was also fascinated by the work of Joan McCord, who found some very counter-intuitive results from a study of average and young criminal boys: well-meaning assistance had average negative results over the boy's lifetime. It was eye-opening and drove home the central point: keeping your mind flexible enough to cope with unexpected facts. Chapter 8 contained more biographical information about Terry Sejnowski (Oakley's co-director for the two MOOCs), which was very impressive. It also contained a sidebar titled Never Too Old to Learn and Change, the first paragraph that I felt spoke directly to me:... When we're in our twenties, we think, I could have been a first-class guitarist if I had just started when I was a kid! When we reach 60 years old, we look back woefully at the more open possibilities of the Thirties. We forget that when we were in our thirties, our options often seemed just as limited. Even college freshmen look with envy at other students who began studying French, physics, or philosophy in high school.... The side bar continues to deal with these thoughts. Yes, it would be great to have started something earlier in life and have devoted every day to mastering it. But by doing so, you would have lost in other areas of growth and learning. Not only is it not too late to start now, learning something new later in life is wonderful for your brain. Your existing experience in other areas can also give you insights that you otherwise couldn't have. Everyone will get something else out of this book. There is lots of interesting material. Some of it will resonate more or less strongly for you. Oakley also encourages you to participate in the entire book, to take notes and brainstorm as you read. So you get more or less out of it, depending on how actively you participate. ... More... More

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