

**CLIMBING TO THE PEAK**

**OF**

**LEARNING SUCCESS**

**AN EVIDENCE-BASED GUIDE FOR  
TURNING**

**YOUR LEARNING INTO A SMART,  
ENJOYABLE AND SUCCESSFUL JOURNEY.**

**JEREMIA J. PYUZA BSc, MBA, MSCFE.**

**FOREWORD BY**

**BISHOP (DR) MARTIN F. SHAO**

# **CLIMBING TO THE PEAK OF LEARNING SUCCESS.**

**An evidence-based guide for turning your learning  
into a smart, enjoyable, and successful journey.**

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## **DEDICATION**

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The author of this book JeremiaJ.Pyuza dedicates this book to all aggressive and lifelong learners, who are aspiring to put their best here in the world while journeying to **HEAVEN** for eternal life.

## FOREWORD

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Humankind created in **God's** image is always obligated to acquire learning skills in life in order to achieve the goal of ultimate meaningful life. This process includes the ability to attain the meaningful relationship with God – the author of life and also with fellow humankind in the physical realm.

Despite the fact that there are spiritual, physical and practical stumbling blocks in life, nevertheless, mankind is always encouraged to know that there is an open door to face these challenges. Our Almighty God has equipped us with spiritual and physical gifts that when shared we are able to enjoy ultimate fruitful life.

It is in this perception, our friend Jeremia J. Pyuza, the author of this authentic book is sharing his gifts with fellow human creatures being students of all levels, Professors, parents and every reader urging them to grasp the spirit of successful learning to reaching the ultimate goal in life.

Generally speaking, learning is an art which every living creature undertake whether consciously or subconsciously. It starts very early in life, for humankind, it starts intrauterine and it will stop at our last breath. There are significant evolutionary changes accompanied by information technologies and divert from human interaction than before. Learning is a process and includes the acquisition of new knowledge and skills through different modalities.



These different methods may be formal or informal which is spinning from instructions given based on the input, analytical process, and reflection. Every step of humankind toward success involves learning which brings about permanent changes in memory cells located in our brain. In every learning activity, there must be significant changes in the way we live our life as well as interaction with our environment. The most important endpoint of learning is enabling us to use our environment efficiently and effectively to support all our needs.

The central dogma of learning can be grouped in three domains. Firstly, psychomotor which includes gaining skills which concurrently involves our mind-set and motor activities. A growing infant needs this domain to be able to crawl and later on walk or run. Secondly, an effective or more general attitude this is the most significant aspect of learning which can stand on its own to make some people be very successful and others remain mediocre. An attitude is a key character which differentiates between people who are going somewhere in life and those who follow the rhythm of the musical instruments.

Thirdly, is what we call knowledge or cognitive, knowledge is the foundation and the end product of all learning process. Its application to the real life is the one which gives us power from the information we have already acquired from the diversity of methods. Information is the power and in this era of information technology, building up and investing in knowledge is an excellent resource and capital.

Therefore, as a reader, you already proved wrong that discouragements which come from every corner, the decision you have made to read this very book is the great step toward living your dream. Scientifically proven principals and candid examples of many successful people in this world is a guarantee that you will get the same results when applying these study skills. It is worth to start living your dream just after finishing this excellent book from an excellent author.

These valuable principles for successful learning have been used by great people like Benjamin Bloom, Isaack Newton, Carl Newport, Barbara Oakley among other great thinkers can be used in the local context and change many lives and live your legacy.

I would, therefore, like to encourage you to put into practice what Jeremia J. Pyuza has shared with you. For sure, you will overcome all challenges facing you. Eventually, you will enjoy the benefits of attaining successful learning skills. It can be done, play your party.

**God** bless you.

**Bishop Dr. Martin F. Shao**

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## **CHAPTER ONE**

### **INTRODUCTION TO LEARNING**

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**“Intellectual growths commence at birth and cease only at death.”**

Albert Einstein

**E**very successful process in life was once learned. **Learning** is the process of acquiring knowledge and skills through experience, instructions or study; which is based on the input, process, and reflection. Learning is the foundation for every part of the success we have and aspire to have in our life. Learning increases, knowledge which can be used throughout our lives.

Knowledge acquired in the classroom or elsewhere can last throughout your lifetime, if it is well encoded, stored in long-term memory and easily able to get retrieved to our working memory when needed. We use this internalized learned and intuitive knowledge along with external input and experience to build on what we know and what we do. Thus, the product of every learning process should be to gain new knowledge and expertise to strengthen the correct response of topics such as history, mathematics, science etc.

**Why learning?** This is the primary question every human being must know to be productive in life. With different age, race, origin, and determinations here are some reasons:

- Students learn mostly to earn good grades; to get admitted to the best schools they have ever dreamed of, get into the profession they want, and then follow their interest through their lifelong work.
- To people thinking of making this world a better place through services and those who take learning as a lifelong journey that only ceases with death. They consider learning as a path to improvement, which ends up giving new and updated skills to make them the best leaders in different disciplines.
- Learning is a cultural way to healthy living, we need to learn which weight is good or bad and why, which food to eat, how to learn, how to work; and what behaviour to maintain, eliminate, or initiate in personal life.
- Learning provides cognitive abilities which include information, literacy, critical thinking, reasoning, ability to make significant arguments, innovation, creativity, and knowledge on the facts, concepts, and skills which involve how we do things, and the ability to be strategic on what we do.
- Learning provides human beings with the ability to be intra-personal competence which includes intellectual openness, the ability to work ethically, and the ability to self-evaluate what he does.
- Learning provides an individual with the ability to be flexible, reflect on one's learning process, and to build powerful meta-cognition that can appreciate the diversity of cultures, ethnicity, ideas, and perspective.

- Learning provides an individual with abilities to be interpersonal competent, which involves abilities to build connections and deepen them, be a leader, and collaborate. All these competencies are facilitated by competence in communication, collaboration, responsibility and conflict resolutions.
- Learning gives out the meaning and sense of existence in our life. Through learning, we can have critical thinking, non-routine ways of solving problems, and the ability to construct evidence-based arguments and approaches to problems.
- Learning gives opportunities to an individual to become capable of taking what was learned in one situation and apply it to new or other situations.
- Deep learning is the obvious solution for future challenges which is why business and political leaders are always asking schools to produce people with deep problem-solving skills, critical thinking, self-management and effective communication.
- Practical learning provides opportunities for people to be good at accomplishing adult roles such as being kind employers, leaders, employees, managers, parents, citizens, volunteers, teachers, students, and entrepreneurs.
- Abraham Lincoln once said **“in the end, it’s not the years in your life that count. It’s the life in your years”**. This means that while you might have lived many years, you may not have made any impacts to yourself, your family, environment, society, nation, and the world in general. Therefore, living life is to

bring positive effects on the world and learning is the key aspect of such an experience.

The reasons mentioned above are the ones which give us the confidence to face the 21st century proudly and happily. Although we humans have a short time to live on earth, we spend that time continually learning, whether in the classroom or the 'school of life.' Mahatma Gandhi reminded us to, **"Live as if you were to die tomorrow. Learn as if you were to live forever."** No matter your state and income in life, learning can enrich it. To make the most out of your life, take the time to acquire knowledge through learning to keep up with ever-changing technology. Knowledge and learning will keep you from becoming obsolete.

### **How far we can go with learning**

Learning can continue throughout life but knowing how you learn is an essential aspect of finding out about yourself. In **"Talk to Teachers,"** a book published in 1899 by American psychologists, William James, tried to explain how the science of psychology could be used to transform the way teachers were teaching. Unfortunately, this information was complicated to put into practice. This was because William James lacked the science behind the fact. He had a great idea that could have revolutionized teaching and the way we learn, but it lacked the scientific evidence to make the book applicable<sup>1</sup>.

Integrating the science of the brain in teaching and learning was a problematic issue, but today, we have machines and advanced techniques to enable us to know how the brain works. The contributions of other factors affecting learning

are now entirely evidenced, giving us the confidence to deal with complex learning strategies. The lack of proper scientific research, which limited William James, is now well-addressed due to the support of enough cognitive research providing the facts on how we learn. Every single day, principles concerning learning are laid down and built upon to simplify learning. We are finally using learning theory with evidence-based findings to confirm how people learn what we call the 'science of learning.'

Through this book, you will be able to read the evidence-based approach to the learning process. This book has well-synthesized evidence and research-based learning techniques applicable to learning. My hope for you, Dear Reader, is that the combination of research evidence and my practical advice will turn your learning into smart, an enjoyable and successful journey.

With the scientific revolution in learning, acquiring the knowledge you need today is so much easier than it would have been a century ago. Today, you can acquire anything you need for history, mathematics, and science studies from formal or informal learning. Many people spend their entire lives learning through different avenues. Dr,HardialSingh has earned a total of 35 degrees. As one of the highest degree people in the world, this medical doctor and citizen of India holds degrees in medicine, law, business, administration, language (literature), history, politics, and journalism. Dr, Hardial Singh has written 42 university examinations, and he has one of the most extensive personal libraries in India containing almost 52,000 books. Another person I would like

you to know about is Benjamin Bolger, who holds 11 degrees in total from the most prestigious universities in the world, including Harvard, Stanford, Oxford, Cambridge, and Columbia Universities. Benjamin Bolger has been able to earn degrees in these prestigious universities, even though he has been diagnosed with dyslexia. Despite some difficulties in our life, we still have all that it takes to become what we want through learning. However, to achieve that, we should remain focused and disciplined.

I have experimented with studying to obtain three degrees at one time and have found it is possible. I began studying at Walden University to get my Masters of Clinical Research while studying at World Quant University for Masters of Financial Engineering, as well as UNICAF University for a Masters of Business Administration. Learning is something that can be planned and executed as per personal needs. Realizing that learning is what makes us compatible with what we are doing and what we want to do, will make life comfortable and full of potential.

Good learning plans, attitude, and good intention will always bring out the best experience in learning. Stop saying **"I will do it later"** and begin by scheduling your learning timetable; making it relevant to what you are doing and what you want to become. For example, as a laboratory scientist, I realize I need more understanding in new diagnostics testing as well as a new approach to diagnosing diseases. I have scheduled my working time accordingly and allowed time to update my skills to make them even sharper to suit the competitive world.

This is one of the best times in the history of the world to



change your learning pathway; to work towards enjoyable and successful everyday work. Rest assured that it is possible. It only needs your commitment. Charles Munger urges us to **“Develop into a lifelong self –learner through voracious reading; cultivate curiosity and strive to become a little wiser every day.”** Struggling to become better today than yesterday is something which will make your learning very fulfilling while changing the way you live your life. There are different ways to acquire education: through formal brick and mortar schools, online, and through books, audio, and video learning. Take the time to understand your field of interest and actively pursue it in a smart and less tiresome way.

Train yourself to advance your education by reading books relevant to your area of interest, see other people’s insights, challenge their options if possible, and make your own learning and professional life more meaningful to you and others. For instance reading books on business as a business student magnifies your power of seeing what is happening in business. Research has shown that people read less as they age; but choose now to become an active student, aiming at positive contribution to the social goods. Therefore, being young is a lovely time to enjoy reading while purifying your choice of the targeted goals.

### **Natural history of our learning experience**

We learn best when we are full of energy and stress-free. Everything you know has been learned either consciously or unconsciously. Most of what you learned was through the conversation with others, self-directed learning, self-analysis, discussion, personal applications, working, and sometimes you

learned something intuitively, but on overall you learned more when you were more relaxed.

When you learn with a relaxed mind, you can remember more as well as keep what you learned in mind. This book will show you the more traditional techniques and let us get practical here;

I grew up in the area surrounded by many tribes who spoke more than one language fluently. I managed to learn more than three different languages at a time without facing any difficulty. Learning multiple languages was quite easy through playing with other children. I don't recall when I started learning the Nyiramba and the Nyaturu languages, but I found myself able to talk and communicate effortlessly to my friends who belonged to those tribes.

Despite the facts that neither Nyiramba language nor nyaturu language is my mother tongue language, learning through playing made me able to speak two other languages apart from my mother tongue, which is Nyisanzu. I became very fluent in the other two languages. It is now complicated for the people originating from these tribes to identify my first language unless I mention my name and different tribe-related traditional norms.

Speaking two languages occurred quickly when I was at a very young age which supports the fact that we can acquire more if we are in a good state of mind. What you learn become yours, I can now multitask at home and work without any effort, sometimes even unconsciously. This is the state that has happened to all of us. Can we remind ourselves of how all