

## *Lesson-2*

# Learning to Learn

### **Objectives:**

- To prepare students ready to learn meaningfully with a proper understanding about importance of unlearning in learning for continuous growth besides traditional learning.
- To create synergy of learning and unlearning for effective development and living.
- To create ability to glean knowledge and skills from reading, watching and analyzing to make learning circuit functional.

### **Contents to be covered:**

Key concept/tools to learn and unlearn, developmental learning for continuous growth

### **Overview and Rational:**

If we think about learning to have two components: one that leads to tool building (information and knowledge) and another that leads to wisdom and transformation (subjective learning), unlearning is extraordinarily important component of the second kind. So the phrase 'learning to learn' is more closely related to unlearning though the focus is 'freeing from what we have learnt' that keep someone non-judgmental in learning and de-learning.

For example for evolving humanitarian qualities we must unlearn racism, intolerance, unhealthy criticism, jealousy and so on.

### **Mode of class conduction:**

Interactive discussions followed by relevant slides and handouts.

### **Materials:**

PowerPoint Slide "Learning to Learn" and "Unlearn & Liberate Yourself from ill learning"