

THE STUDENT FOR LIFE PRESENTS

LEARNING A NEW SKILL

Workbook

What To Expect From This Workbook

If used the task analysis worksheet to accomplish a big goal you've set for yourself, this workbook is similar BUT we're focusing on developing a new complex skill. The level of complexity of the skill is completely decided by you and what you want to accomplish.

This workbook is designed to assist you in breaking down the skill you want to develop into smaller skills and mastering (or feel comfortable) the sub-skills, while working your way to mastering the main skill you've set for yourself.

Depending on your learning style, you can start with the most basic sub-skill or start with the most complex skill and work and learning backwards to learn the other skills that can help get you to your end skill (goal).

You can use the Tackling Your Big Goal workbook simultaneously to help you set realistic deadlines to mastering the sub-skills and the main skill(set), while assisting in the thought process of breaking down what the sub-skills are.

Starting from the Bottom

How To Use This Worksheet

When using this worksheet, you are starting with the most basic skill or first step of the complex step you are developing. After you feel comfortable or have mastered the skill you are working on, you will work on developing and mastering the next sub-skill, which may be more complexed.

For example, we can look at something that could be considered a complex skill like a specific style of dance or coding. You would want to break down a technique, position, coding language, etc. to reach what you are wanting to accomplish.

Developing the Skill From the Beginning

Final Step



Foundation
(Initial) Step

Working Backwards

Why Work Backwards to Learn a New Skill?

Everyone has a different learning style, in this case, some start with the most complex skill and work backwards to breakdown and learn the sub-skills that lead up to the complex skill. In a way, it's like solving a problem. An example could be you're using Excel and a formula or a code is not working as it should. So you work backwards in an attempt to find the issue.

Developing the Skill -Forward Chaining

Foundation
(Final) Step



Final Step

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