

**The Business  
Jam**

**Soft Skills  
Framework**

Learning Skills |

Learning

Life Skills |

Leadership

# INTENTIONAL LEARNING



# INFORMATION PAGE



Topic:

Intentional Learning



Skill:

Learning Skills | Learning, Life Skills |  
Leadership



Duration:

10 min



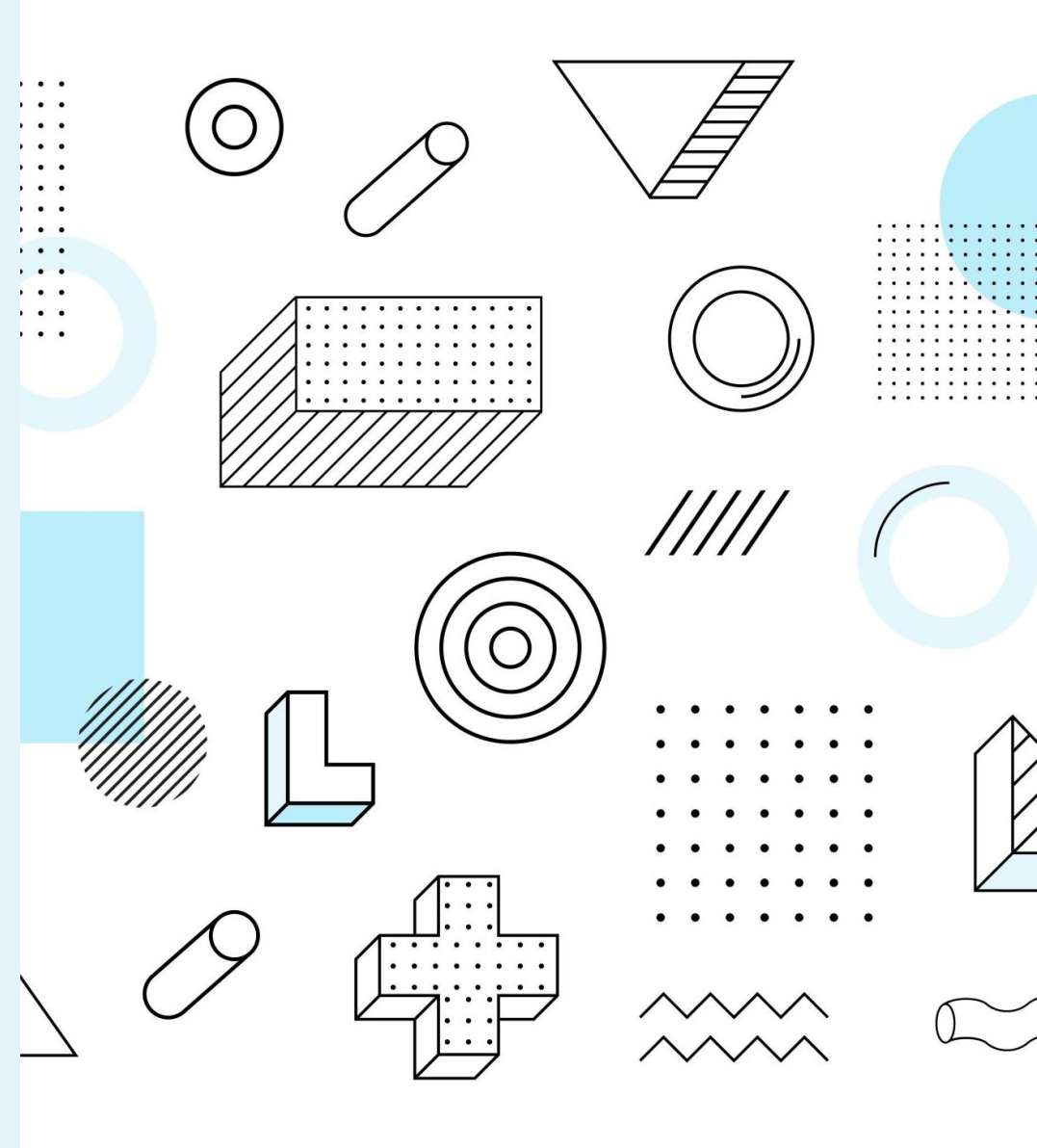
Format:

Snapshot

# INTENTIONAL LEARNING

Learning Skills | Learning  
Life Skills | Leadership

10-min Snapshot



# WHAT IS INTENTIONAL LEARNING?

- Intentionally treat every moment as a learning opportunity
- Embrace your need to learn
- Learning becomes an almost unconscious, reflexive form of behavior.
- Learning is a mode and mindset
- Everything that intentional learners do carries with it an opportunity to develop and grow.

<https://www.mckinsey.com/featured-insights/future-of-work/the-most-fundamental-skill-intentional-learning-and-the-career-advantage#/>

## 2 CRITICAL MINDSETS

### GROWTH MINDSET

- Assumes that we can grow, expand, evolve, and change
- Intelligence and capability can be grown
- Releases you from the expectation of being perfect and trying to “know it all”

### CURIOSITY MINDSET

- An awareness and openness to ideas
- The ability to make connections between disparate concepts.
- Curiosity sparks inspiration.
- Begins cycle of self-directed learning

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# THE FIVE CORE SKILLS OF INTENTIONAL LEARNERS

## GOAL-SETTING

- Set small, clear goals
- Set goals that are important to you
- Make your goals concrete/ specific/ measurable
- Adopt a once-in-a-career mindset

## REMOVE DISTRACTIONS

- Plan your learning path
- Develop self-control
- Be in the moment/flow
- Be experimental

## ACTIVELY SEEK FEEDBACK

- Prepare others to give feedback
- Press for details
- Use feedback discriminately
- Seek Experts

## PRACTICE

- In areas you want to grow
- Try, fail, refine, try again
- Deliberate practice at the optimal level
- Always slightly higher than your capability

## REFLECTION

- Determines weakness and alternate actions
- Before, during and after task
- Lowers your barrier to change
- Furthers innovation

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**BUSINESS**

English Training and Consulting

