



THE **23** LAWS_{of} LEARNING

A Learner's Guide to
Academic Success



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DEDICATION

*I dedicate this book to all of my past students.
You all made me the educator that I am today.
Thanks for everything you taught me.*

AUTHOR'S NOTE

I'd like to first say thank you for embarking on this journey and allowing me to help coach you throughout this experience. My name is Coach Caleb and I'm an educator and learning coach. It is my honor to share everything I know with you to help you reach your academic success. If you're ready, I'm ready. LET'S GO!

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THE
23 LAWS ^{of}
LEARNING

SAMPLE

INTRODUCTION

Year after year, you've been told what to learn, how long it will take you to learn, and what happens if you don't learn it by the time "they" tell you to. That can become frustrating. Actually, it IS frustrating. Only a small percentage of what you learn in school teaches you about how to become a life-long and passionate learner—and no, I'm not talking about the scientific strategies or gimmicks people say will help you learn better. I'm talking about a straight-to-the-heart mindset shift that will transform you into the learner you know you can be.

The following laws are a collection of learning principles that I believe everyone should follow—no matter their learning situation. Regardless of your learning environment, age, or previous academic experience, these principles, or Laws of Learning, will be your guide to unlocking your true learning potential. It's important to note that throughout this book, the term "classroom" will be used often. Since many of you may not learn in a classroom setting, the term classroom can be used interchangeably with "learning environment."

This book breaks down the 23 Laws of Learning into 4 parts:

- I. Laws of Expectation
- II. Laws of Engagement
- III. Laws of Exploration
- IV. Laws of Expression

Separately, each part will have its own theme of laws, but together, they give you the 23 Laws of Learning. As you travel throughout this journey and transform your mindset towards learning, embrace the change that will come. You will begin to see the world differently and you'll feel empowered to be great. Just know that a better you is on the other side of this book. Are you ready for the challenge? I hope so, because here we go!

Disclaimer: Though I am very confident in these strategies, due to the known fact that "everyone learns differently," I cannot promise you any specific level of guaranteed success. However, if you follow this guide, you will begin to notice a positive change in your mindset, academic confidence, and/or ability to learn new concepts.

LAWS OF EXPECTATION

These Laws of Expectation will help you establish a healthier foundation and relationship with learning. In this section, it is important to create a new perspective on learning that will improve your overall mindset and elevate your expectations.

LAW

5

LEAD WITH CHARACTER

If you could create a learner avatar that represents your idea of a leader, what words would you use to describe your avatar? Maybe they're fearless. Maybe they're intelligent. Maybe they're friendly and respectful. These words describe a person's *character*. Leading with character is key to mastering the Laws of Learning and standing out amongst your peers.

Now, if you're thinking, "I'm not a leader" or "I don't want to be a leader." That's fine. But, the key here is to "act with character." Lead with your actions. This means you will focus on doing the right things all the time, even when no one else is watching. Another word for this is having *integrity*.



CAN YOU THINK OF A TIME YOU
SHOWED INTEGRITY?

Make it a priority to have academic integrity, honesty, and to be a role model of excellence within your learning environment. Not only will this help you become a better learner, but you'll become a better person as you grow into your teen years and young adulthood.

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Become your avatar. Make a list of 3-5 words that you want people to use while describing you.

I WANT OTHERS TO KNOW ME FOR BEING

①

②

③

Now, begin to live everyday acting out these words with your behaviors until it becomes a natural part of you!

TAKEAWAY



Leaders lead by example. Their actions speak louder than their words.

(OPTIONAL) USE THIS SPACE TO DRAW YOUR LEARNER AVATAR

SAMPLE

LAWS OF ENGAGEMENT

These laws are set up in a way to help you grasp concepts better by becoming more engaged during your learning experiences. They lead to higher participation, which as a result, leads to better understanding of information.

LAW

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CHECK YOUR TRIO

The easiest way to show that you're engaged in a lesson is to be present. In order to truly master your learning, you have to place yourself—your mind, your body, your energy—in the moment.

Think back to a time when you were in the car with a family member, and while someone was talking to you, you were staring out the window with no clue of what they just said. Trust me, you're not alone. It happens to most of us... A LOT! Your body was there, but your mind and energy were not.

Similarly, when learning, you might not always be completely aligned. Your mind, body, and energy—the Trio as I like to call them—aren't working together to maximize your learning experience. Meaning, every so often, you have to "Check Your Trio" and make sure you're present

and in the moment.

So, no more sitting around daydreaming and having little energy. Get up, get involved, and actively participate. Then, watch how much more you'll soak in while learning. It's like magic!

You can actively participate by actively listening and tracking the speaker as they talk or move around. You can also ask clarifying questions to ensure you have an understanding of what is being taught. Not only is this a powerful way to stay on task and focused, but it helps others around you who may have a misunderstanding about something, and shows an enormous amount of respect to your teacher.

THE ENGAGEMENT TRIO

- **Your Mind:** Is my mind 100% focused on the topic I'm learning?
- **Your Body:** Is my body showing that I am ready to learn?
- **Your Energy:** Is my energy showing that I have a positive attitude towards learning?

For learners that like to move: If you know you need to move (your hands, feet, or body) in order to maintain your energy and actively listen, it is a good idea to explain this to the person teaching you, rather than hiding it and struggling throughout the lesson.



When you find yourself drifting off and not paying attention, tell yourself to "Check your Trio."

LAWS OF EXPLORATION

These Laws of Exploration are designed to provide you with strategies that help you dive deeper into your learning experiences. In this section, you'll find out what it takes to bring out the academic success within as you explore ways to further your learning inside and outside of the classroom.

LAW 13

BE CURIOUS

"If learning was a living organism, curiosity would be its food—the one thing that keeps it alive." –Coach Caleb

Just like how we need food and water to survive and stay healthy, learning needs you to be curious in order for it to stay alive. When someone loses their drive of curiosity, they often lose their interest in learning as well.

Your job is to make sure you always ask questions and wonder, "what if..." Everything we have and can see in our world today is here because someone was curious at one point. They created a brand new idea and brought it to life. Or, in other cases, they built upon a previous idea (their own or someone else's) and turned that into something new. Who's to say that can't be YOU one day?

On a day to day basis, whatever you're learning in class is like a spark for your curiosity. Let's say you're in a science lesson learning about world climate changes. After you get a better understanding of what it actually is, you should begin to ask yourself:

CURIOSITY QUESTIONS

- Is this something that is harmful or helpful to society?
- What does this look like in the future if changes are NOT made?
- What does this look like in the future if changes ARE made?
- Is there anything I can do NOW to help with this topic?
- Where can I learn more about this topic?
- What is the history of this topic? Did anything happen before my time?
- What new ideas popped into my mind while learning about this topic?

These are just a few questions to ask yourself to help light up your curiosity. The important thing to note is that YOU have to be the one to build up your curiosity muscle. It cannot grow without you being in charge of it. Having a strong and curious mind is what makes the great learners great. They're always exploring more and more ideas. Now, it's your turn to be great!



*Curiosity is what keeps learning alive.
Feed it and make it strong!*

LAWS OF EXPRESSION

This final section, the Laws of Expression, is your guide to showcasing your academic mastery. Focusing on these laws will bring out something inside you that makes everything click. This is your opportunity to perform and show your teachers, parents, and peers just how much you know, understand, and care about what you are learning. It's time for you to express yourself. Let the final step of this transformation begin!

LAW 21 REFLECT AND ADJUST

Effort + Reflections + Adjustments = Mastery

Say it again with me... effort plus reflections plus adjustments equals mastery!

Learning comes in multiple forms as it relates to memory. You have:

- Sensory Memory
- Short-Term Memory
- Working Memory
- Long-Term Memory

Studies have shown that reflecting on newly learned information leads to an increase in each type of memory.

So, why don't more people reflect? I can't answer that one for you. But, I can tell you this... From my experience working with learners of all ages, the ones who outperform everyone else and show mastery on their topics are the ones who take a few moments each day to reflect on their experiences and make adjustments that'll help them out the next time. You may not always be given time in class to reflect, but you can do it on the bus home, at lunch, or at home with a family member.

Let's say you just get back to school from the history museum with your class. Most students, the average learners, will get back to class and completely dismiss the fact that you all just had an amazing learning experience. Because you're better than average, you get back to the room, take out your history journal and begin to reflect on your experience. That's what great learners do! And that reflection could be a picture, a comic book strip, a painting, or a song/poem.

Here is a short list of starter prompts to help you begin your reflections:

REFLECTION PROMPTS

- How was my experience?
- What went well?
- What didn't go so well?
- Is there anything that I wish I could have done, but didn't?
- How do I feel now after I have this new information?
- What am I going to do now with this information?

Make it a habit to take a few moments to yourself each day and practice reflecting. You can do this in one of your subject journals or somewhere else that you have easy access to.

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Think back and reflect on the type of learner you were about a year ago. Answer the following questions.

HOW AM I DIFFERENT NOW COMPARED TO BACK THEN? NOW, ADJUST—WHAT TYPE OF LEARNER DO I SEE MYSELF AS ANOTHER YEAR FROM NOW? 5 YEARS FROM NOW? 10 YEARS FROM NOW?



*Those who understand, learn.
Those who reflect, master.*

SAMPLE

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