Learning A New Skill

The skills we master are often our best selling points during an interview and help us complete both basic and challenging tasks during employment. However, most people have experienced a situation where they lacked the specific skill required to complete an assigned task. This document gives tips on how to overcome the hurdles associated with learning a new skill.

Learning New Skills Can Be Hard

If learning a new skill feels too hard, understanding why you feel challenged by it can help you overcome it. Some common hurdles people face are:

- **It's Intimidating.** You might be feeling concerned about how much you don't know and unsure on where to begin. Try asking a colleague or supervisor to walk you through it a couple times, or searching for a step-by-step tutorial online.

- **It's frustrating.** Learning something new can be frustrating, especially when you don't master it the first or even the 100th time. Keep in mind that learning anything new may be challenging at first, but it will feel even more rewarding when you finally succeed.

- **It takes too much time and energy.** Your commitment is a huge component of picking up a new skill. But while it takes time and energy to learn the skill itself, it also gives you an opportunity to show persistence and impress others with your dedication.

Tips and Tricks

- **Remember Why:** Understand what you’re trying to achieve, and what level of skill you need to gain to get there. Setting a performance level is important because it helps you identify exactly what you need to practice.

- **Take It Slow:** To avoid being overwhelmed, break down the skill into more manageable parts. This will also make your practice more efficient and give you brain time to process what you have learned.

- **Seek Support:** If you and a coworker are both assigned the same new task, learn as a team and help each other out.

- **Practice Makes Progress:** The more you practice the new skill, the easier it will become. Keep trying!

More Resources:

Zapier: Top 10 Strategies for Learning New Skills
I Will Teach You: How to Acquire Any New Skill in 20 Hours or Less
be yourself: The ART of Learning a New Skill