Immersion Can Help You Master Any Skill

212-Careers

What is your greatest skill? Did you develop it out of necessity, or did it come easily to you? Job requirements often necessitate picking up a new skill. You should learn to do something for its sheer joy. Whether personally or professionally motivated to master a skill, the following three immersive learning techniques can help.

1. Stimulate Your Senses

Complete immersion can facilitate a state of "flow," where the outside world fades away and you become highly productive. In this state, nothing exists except you and your present-moment experience. The most accomplished individuals often access this state.

> **One way to hack the power of immersion to master any skill is to stimulate your sensory network.**

You know the five basic senses: sight, hearing, smell, taste, and touch. Engage as many of them as possible during an experience when developing a skill. The more your sensory network connects to practicing a skill, the better. More of your

attention is directed to the present moment and your actions, leading to improved results.

2. Gamification

Have you ever incorporated gameplay elements into an experience that isn't a game? That's gamification. It involves adding entertainment, competition, and/or other immersive forms of engagement to a nongame context.

Imagine that you want to become a faster typist. You don't have the fastest fingers on the keyboard, and you can only manage about 40 words per minute (wpm) on a good day. You want to improve your speed because your job requires a lot of typing. The faster you can type, the more work you can get done. Since you are paid per project, that means more money in your pocketbook.

Proficient keyboarders can routinely rattle out 60 to 80 wpm. If you could work up to 60 wpm, you could join that advanced level of typists and make as much as 50% more money in the same amount of time you spend working.

However, you can't think of a more dull and unsexy way to spend your time than hacking away at a keyboard.

Gamification provides the answer. Turn your typing practice into a game. Make it fun. Set up a system of rewards, badges, and other incentives you earn every time you improve your typing speed by five wpm. Turning a mundane and uninteresting practice into a game instantly makes it more positively immersive.

3. Take a Trip to a Virtual Reality

Virtual reality (VR) gaming systems and consumer electronics devices let you immerse yourself in an imaginary 3-D world without leaving the comfort and safety of your living room. It immerses you in an experience much more than reading a book or watching a video.

Pose-tracking software makes it appear you are physically moving through and acting in an environment. Your actions create outcomes in virtual reality. VR systems allow you to practice skills when you may not have access to the necessary resources or environment.

Immersive technology is growing rapidly. In addition to virtual reality devices, you can use augmented reality (AR), mixed reality (MR), and extended reality (XR) systems to immerse yourself in an experience.
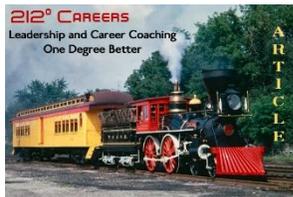
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