

Learning on Steroids

2015 Live Webinar

What will we cover?

What will we cover?

- 30-minute presentation
 - How to use Learning on Steroids
 - Designing a studying schedule
- 30-minute live Q&A

How to use Learning on Steroids

How to use Learning on Steroids

- Where to start?
 - I recommend Weekly/Daily Goals first.
- What if I can't get a tactic working?
 - Experiment and try another. Not all tactics work well for every situation.

How to use Learning on Steroids

- How do I make these new methods automatic?
 - Make a habit/system. Set a 30-Day Trial.
- Extra tips:
 - Don't forget the past workshops/bootcamps
 - Start with basics, then go more advanced

Designing a Studying Schedule

Designing a Studying Schedule

- Why design a schedule?
 - Useful when time or motivation is low
 - Helps maximize free time in your day
 - Smooths over crunch periods
 - Add to the power of weekly/daily goals

Designing a Studying Schedule

- Step One: Determine how much time you need
 - Be conservative. Base your estimate on actual time required, not hypothetical time. If you end up needing less—great!
 - Break down your schedule on a week-by-week basis.

Designing a Studying Schedule

- Example: Accounting class
 - 2 lectures @ 3 hours = 6 hours / week
 - 80 pages @ 20 pages/hr = 4 hours / week
 - Problem set = 4 hours/week
 - Weekly quiz = 1 hour/week
 - Major project = 4 hours/week
- Total time needed per week 19 hours

Designing a Studying Schedule

- Example: My studying schedule during my time in China
 - 1 hour daily conversation practice = 5 hours / week
 - 50 new // 200 review Anki per day = 10 hours / week
 - Pronunciation practice = 5 hours / week
 - Listening drills = 5 hours / week
 - Textbook studying = 5 hours / week
 - HSK preparation = 5 hours / week
- Total time needed per week 35 hours

Designing a Studying Schedule

- Example: My studying schedule during my time in China
 - 1 hour daily conversation practice = 5 hours / week
 - 50 new // 200 review Anki per day = 10 hours / week
 - Pronunciation practice = 5 hours / week
 - Listening drills = 5 hours / week
 - Textbook studying = 5 hours / week
 - HSK preparation = 5 hours / week
- Total time needed per week 35 hours

Designing a Studying Schedule

- Example: My studying schedule during the MIT Challenge (start)
 - 35 hours of lectures / 1.5x speed = 25 hrs / week
 - Problem sets = 20 hrs / week
 - Feynman/re-reading/self-explanation = 10 hrs/week
- Total time needed per week 55 hours

Designing a Studying Schedule

- Step Two: Design a weekly routine
 - This should allocate the exact hours needed
 - Flexible planning + weekly/daily goals
 - Should have plenty of rest and time off
 - Should avoid long, uninterrupted studying chunks. You should know your own ability to focus.

Designing a Studying Schedule

- Example: Accounting class
 - Monday: 3 hour lecture + 30 minutes on bus
 - Tuesday: 3 hour lecture + 30 minutes on bus
 - Wednesday: 30 min/bus + 2 hours after work
 - Thursday: 30 min/bus + 2 hours after work
 - Friday: 30 min/bus + 30 minutes before work
 - Saturday: 3 x 2 hour chunks
- Note: no studying on Sunday, Saturday night or Friday night. Nothing longer than 2 hours straight (except lectures). Top-heavy schedule.

Designing a Studying Schedule

- Example: My plan during Chinese class
 - Monday - Friday:
 - Wake up at 8am
 - 8:30am-9:30am class (1 hour)
 - 9:30am-11:30am - Studying at home (2 hours)
 - 1pm-5pm - Studying at coffee shop (3.5 hours, minus two 15-minute breaks)
 - Saturday - One, 2.5 hour chunk.

Designing a Studying Schedule

- Example: My plan during MIT Challenge (beginning)
 - Monday - Friday:
 - Wake up at 7am
 - 6am-11am = 4 hours
 - 11:30am-2:30pm = 3 hours
 - 3pm - 7pm = 4 hours
 - Note: this schedule is tough. It's not sustainable (I slowed down to more like 6-8 hrs/day midway). But it takes 55 hours of studying time and does have a single hour of studying in the evenings nor weekends.

Designing a Studying Schedule

- Step Three: Implement Your Schedule
 - Try for one week. Fix breaking points:
 - Sessions too long? Insert more breaks.
 - Too tired at the end of the week? Make sure you have days off.
 - Didn't follow it/procrastinated? Focus on form over function for the next week.
 - Schedule too light? Try to skip ahead in some areas

Designing a Studying Schedule

- Step Three: Implement Your Schedule
 - Use weekly/daily goals with your schedule
 - Each day, use your plan as a template for when you intend to get work done.
 - But—write out what actually needs to get done and focus on that. This will encourage getting work done (function over form).

Live Q&A