

Learning on Steroids Workshop

We'll be starting soon!

The Upcoming Hour

- Ideas to help you learn faster
 - How to crush your next exam
 - How to take notes in class
 - How to read a book efficiently
- Live Coaching and Q&A
 - Please think of questions you want answered now! I'll be calling on students to share their situation so I can offer live advice.

Crush Your Next Exam

- How I prepare for exams:
 - Learn-it-Once applied throughout the term
 - Practice exams are gold
 - The 3-Hour Studying Routine

Learn it Once

- Learn it Once means 2 things:
 - You never procrastinate on learning
 - You deeply understand (not just memorize) what needs to be understood
- No exam studying routine can make up for failing to learn it the first time properly!

Practice Exams are Gold

- 50% of my “studying” time is spent doing practice exams. (This should be higher for standardized tests)
- Two benefits:
 - 1) Practice exams is active recall, not passive
 - 2) They pinpoint your weaknesses so you can learn far more efficiently

The 3-Hour Studying Routine

- 1 Hour on a Notes Compression
- 90 Minutes doing a practice exam
- 30 Minutes doing targeted holistic learning (Feynman Technique)

How to Take Notes

- Taking smart notes in class
- Applying Learn-it-Once to your notes
- Rapid mastery with the Feynman Scaffold

Taking Smart Notes

- The goal of note-taking is to facilitate learning, not to transcribe perfectly (keep a recording if you're worried about forgetting)
- Explain things in your own words
- Draw arrows connecting insights and topics

Learn-it-Once

- Spend 5 minutes after each class to create a quick recap
- Highlight anything you don't understand and add it to your weekly goals list.
- Ideas must be learned before the next class!

The Feynman Scaffold

- Take your highlighted weak points and apply the Feynman Technique
- Use the Feynman Technique to practice your metaphors and visceralizations in context

How to Read More Efficiently

- Active Reading for:
 - Non-Required Reading
 - Textbooks
 - Kindle and E-Reader devices

Active Reading for Fun

- Key difference between required and non-required reading:
 - Use the technique that is most enjoyable
 - Good “fun” active reading strategies:
 - Annotations
 - Writing book summaries
 - Dog-earring

Active Reading Textbooks

- More thorough approach for greater efficiency:
 - For technical books, reading + highlighting + practice problems + Feynman Technique
 - For literary works, reading + highlighting + summarizing

Active Reading on Kindle

- 3-Layer Approach:
 - Read
 - Highlight
 - Annotate

Live Advice and Q&A

- Write in your biggest learning challenge
- If you want to be considered for live coaching, use the “Raise Hand” tool so I can select you (make sure you have an audio microphone attached so we can hear you)
- Don't be shy! This is for your benefit, so take advantage of it. 😊