

# Module One Transcript - Learn Faster

Hey everyone and welcome to the first module in the one week Learning on Steroids bootcamp. The idea is to give you some actionable tips so you can start learning faster with less stress right away.

Here's an email I got from a student in a fairly common situation. Elle writes:

*"I'm currently completing a diploma in biochemistry. I stumbled across your blog towards the end of the last year looking for some help to deal with end of year exams. ... I spent about a month studying 6-8 hours a day."*

I get quite a few students who are fairly smart and hard-working, but their efforts come at huge price—life becomes a grind.

This is where the rapid learning tactics and productivity methods I teach come in. After joining the course, Elle shares her results:

*"The term is over, and just thought I'd let you know that my mid-semester total average is 94.3%. It's a massive increase from my grade before I started using the techniques, and also came with a lot less effort. I got high distinctions on every exam, and it's pretty much just secured my place in the degree I'll be applying for in July."*

Elle's grades went up, after studying less than before. How is this possible?

The basis of her success and others' is holistic learning. Basically, holistic learning is the opposite of rote memorization. Instead of trying to learn through repetition, you try to learn by connecting ideas to other things you already understand.

I have a free ebook on holistic learning, which, if you haven't read already, you can click on the link below to find out more.

So how do you start learning holistically and drastically cut down the time you need to learn? There's a lot of different ways you can approach it, I discuss a few in the free ebook and many more in Learning on Steroids. Today I'm going to walk you through just one: metaphors.

Here's a message I got from one student on the impact of this tactic:

*"I mentioned in my first post that I wasn't doing so well in Chemistry, because on the first test I scored a 57, while the rest of the class average was the highest in 5 years. I failed, and I was in a panic."*

Not only was he working hard, but he was struggling just to keep his head above water. If you've ever been in a class and felt this way, you can imagine the stress it creates.

In the first month of the program, Nayamot implemented the module on metaphors as part of a 30-Day Trial. Here's what he wrote back for his results:

*"This time I took the exam with a bit more confidence and got my grades back with an 86. It may not seem like a huge improvement, but the class average was a failing grade. Another thing to note is that I just did not simply catch up with my class, I finished the entire curriculum for the semester."*

So what is this tactic and how can you use it to learn faster?

The idea behind metaphors is that you want to relate a complex idea you're studying to something you already understand. By doing this, you form connections in your mind that make it easy to remember and deeply understand the difficult idea.

A simple metaphor for derivatives in calculus is that they are like the odometer and speedometer on a car. The odometer measures position and the speedometer measures your rate of change in position, or the first-order derivative.

There are three basic methods you can create metaphors to learn faster:

The first is to ask, "What does this remind me of?" this is a good starting point to look for similarities. When studying calculus, Nayamot related limits to the restraining order of a stalker. The metaphors don't have to be perfect to make ideas more memorable.

The second is to get the history of the idea. All you need to do is a quick Wikipedia search for the origins of the idea you're studying. Kalid Azad told me that the way he was able to understand the natural logarithm was by realizing it was originally discovered for computing interest rates.

A third way is to turn the idea into a story. Elle had to remember a long list of phyla in one of her biology classes, but she made it easier by turning each of the elements into actors of a story, which made the dry material interesting and memorable.

Now you have an easy homework assignment. Create ONE metaphor for something you're studying using one of the either the three methods above, similarities, history or creating a story, and send it to me in an email below.

I'll pick the best one and I'll give them a free copy of Learn More, Study Less. [Note: Contest ends Saturday, February 19<sup>th</sup>, no purchase necessary, void where prohibited]

Good luck with this tactic and stay tuned for the next module where I'll be explaining how you can become productive without the stress.