

5-1: General strategies for learning from video/lectures

In this series of video, I am going to be talking about how you can take notes better so that you retain more of the information and also how you can take notes and even use video and electric content in a faster way so you can do it faster. So first I just am going to talk some general strategies for taking video content. Once again as we talk with the reading session depth of processing is very important so you can process a video of electric deep level of processing you will retain more of the ideas and the shallow level of processing. And we talked about this in the course also because we will be going to talk about flow based note taking which is a very different form of note taking from a traditional transcription style note taking and the most I'm so familiar with. And the reason we focus on flow based note taking is because again you're focusing on depth level of processing. The other reason is because on this day on age access the information is almost never a problem. So what the note taking strategies that were develop. They were developed in a time where if you didn't copy down everything the lecturer said, you have nothing to study from if you forgotten. This isn't just the case anymore, often there's textbook that will reiterate what the professor is saying and often they require textbook you already have it for the class. And even if you don't, the internet, GOOGLE, with the PDS, searches. Finding information on what you are trying to learn is not the problem. And so using a note taking technique that make meticulous record that require a shallow level of processing isn't going to be as valuable. So we're going to talk about flow based note taking later in the future videos. We are going to talking about on how you could use this to your advantage in order to learn faster.

So another thing you could do is if you're taking video content, so we talking about videos like this or something that you can watch on you tube or something that you can download from it MIT of the course were or SARA, something to download which is video content. One of the advantages you can have is that you are able to download, so if you are able to download the video. So for you tube there are some other features online where you can use the same process for you tube depends on the player that you download the videos that you can use the VLC player or other video playing software and actually speed up the playback. And this use intelligent algorithm so that they don't just speed up the pitch and not every based talking like Mickey Mouse now but they will start speeding up the playback so that you will also maintain the same pitch so that they're just talking faster. This is particularly useful because a lot of video content the person getting a slow lecture and you can always speed up the content still understand most of it. And so cut down the 40 minute video sometimes you even watching 25 minutes. And I use this extensively in the past and it can really valuable, you have to go 20 hour video content and if you can watch at 1.5 times a speed, most of the time that you shortening your entire video watching experience by several hours. That can be huge game if you want to go to a lot of content.

Now video speed up is not something you can do in actual lecture class but you can do the opposite strategies. So if the class is very slow, then the flow based note taking strategy I provide goes up again in depth of processing so the lecture very slow you can do very depth level of processing to get the most advantage of the class and the most learning within the class so you don't have to do as much outside of it. In the opposite case, so if the video or the lecture you're watching is very, very fast then you wanted to tone down, you wanted to use slower technique, you wanted to use technique that are going to be shallow level of processing less detail that means you will going to do more studying later but also you going to trying to focus or trying to keep up and keeping the material. Again, how fast the lectures going also enable you to use different techniques that you can use. So if the technique or lecture going very slowly or slow down so that you are getting bored or your minds wondering, then you can use a lot of techniques that will keep you focusing and will also allowed you to learn better. The lectures going very fast and there's a different set of techniques that you can use so we're going to cover up later in the program