6-4: Getting to a deeper level of insight

So previously we've gone through with this idea at the basic understanding where you don't understand anything at all and you're trying to just get to that shallow of an idea and then you're moving into try to fill in the basic details. Now we want to go to deeper level of insight. And this final phase, it's not something you could just do with one step, sometimes you have to repeat this technique several times each roll to a deeper level of understanding or from a different direction. But the power of this particularly with the ideas where you can have a lot of advantage from really deeply understanding how it works is that this is the best way to get that deep understanding. So, let's take a look of what that's look like in practice.

So now we're going to take that same example and this time go ever further and talk about how we can use the filling technique to get new insight about the ideas. Now in the first layer, we're going to be talking just getting the very basic understanding so you feel somewhat comfortable with the idea. And the second layer we we're talking about understanding in a more vivid and connected way so it's easier to remember. Now we're going to even further and try to get new insight about the idea and really have that deep understanding is really flexible and powerful that is common with expert user of the idea. So the way I'm doing it here is I'm trying to see what I can explore in the idea to come up with the new insight. So with the formula, mathematical formula, one way of doing that is exploring how the formula behaves in the different situations. As you can see I'm drawing diagram to try to get a sense on how the idea works and maybe what are some of the things I can explore. So drawing diagrams, creating examples, using analogies, this is the great way to also probe for new insight. Now just with the last session, just where we doing it before, using this techniques is a good way to make the ideas more memorable but it's also a good way to try to find angles where you can create new insight. In this sense with this formula what I'm trying to do is I'm trying to examine what happens with different parts of formula change and then how does that actually affect what's going on in real life. So I have my mosquito and malaria analogy. And I wanted to see what is happening in the analogy if certain variables go to zero or they go to one. So if something becomes the probability of A becomes zero or probability of A becomes 1, how's that changed. And then also what is happening in the formula.

So once I've gone through and explained how the formula works and I've explained how the actual details work in that sense. Then I would explain how is that working with the analogies representation, how is that working with the example. And in this way we can get new insight. Because by moving the variables up and down, we can see how the formula works. Now let's talking about formulas, we can use this for a lot of ideas by asking you questions about how the idea works. If the idea was to change on a certain way or if it going

to apply to a different situation, we're just be putting the different area where we really have to think for the consequences of the idea. And this is the way we can use the filling technique to build new insight of an idea and also to get practice with how the idea works. If you were just re-explaining in a way that you've been thought several times before, that's not going to give you the same depth of knowledge as if you are exploring new territory with the idea. So in this sense, using paraphrase example, teaching it to other people using simplified languages, using vivid diagrams, metaphors, analogies and at the same time try to explore the idea of new insights, this is how you get the deepest level of understanding and this is how you get the deepest level of knowledge that you can use on an exam or test situation.

Finally, I'd like to even after I've done this, write of some of the insight that I've came up with where did I able to explore with this ideas or maybe that's an insight that someone has mention before but I haven't actually walk through myself. So in walking through understanding, now I can see why something is true because I actually explore it in this example. So in this sense the sort of intuition which is somewhat confusing is that you can have a fairly low probability of something. If the probability of, you can have a fairly low probability of P of A given B. if A is fairly low, so that's means you can have a fairly low chance of having malaria even if almost everybody who has malaria was stank. You can have a fairly low chance if malaria itself isn't very common which is, rather an intruded conclusion which most people would get wrong and then they're just intruded understanding of probability to which this formula results in being true. Another way in doing this is by doing summaries and explains the idea again really trying to break it down into the simplest language possible its shows your understanding