

9-1: Using the methods in university

In this next session of video I'll be telling you that you can use all of the tactics that we will discuss. So things like reading faster, taking better notes, understanding ideas better, remembering facts and trivia as well as building skills, and how you can apply that to the specific context you're working with. In this particular video I am going to be explaining the basic framework, and also that you can apply this framework to a common setting which is universities and schools work. So the basic idea is that you wanted to be splitting your learning into 3 faces, and this applies for basically all the context as you have coverage, practice and then insight. Coverage is the face, where you first exposed the ideas. So the university or school context is sitting thru lectures this is reading the text book. This is how you first exposed the ideas. And this is where the reading and note taking techniques that is discussed coming to play.

The next is practice. And this is not just doing practice problems or working on projects, although that is part of practice. What practice is, is getting feedback on what you know. So even if you're on a class which doesn't have anything to practice so let's say that's in a class where you have to remember a lot of trivia. And so you're memorizing information using mnemonics. In that case using flashcard will be a type of practice because you're getting feedback on whether or not you remember the particular idea. If you are in a history class or where you have to understand the big ideas than being able to write essay, are being able to re write those ideas on your own words might be the practice to understand whether or not understood those big concepts. And so practice is very essential part and mistake a lot of student make is they over emphasize coverage and don't spent enough time or an enough emphasis on practice. So they will spend all of time worrying about how do I take notes or how do I read things. But really what you need to be doing is integrating a lot of practice because it is practice days which is what determine how much you learn and also is the key to using a lot of the other techniques.

And finally we have insight. So once you covered all the material and once you got practice on what you know or you don't know, then you can use insight to fix the faces that you don't understand, you don't understand well enough. So insight would be in the example of understanding ideas, it would mean using the Feynman technique for ideas you understand but your forgetting in the practice situation and you might want to be using metaphors. You might be using visualization for the situation where you need to memorize things. So it's not something to understand this, it's something to memorize than the insight face will be using mnemonics. And so basically you're doing coverage, you're doing practice and finally you were using this insight on the areas that you weak in order to understand and remember the ideas better. And the idea is to think of that this is a pyramid. So the base you have covered or you exposed to all the ideas and then practice.

You're exposing yourself to ideas that are important and it finally with insight you are training yourself on the ideas you are specifically not doing as well in. And so if you think of insight is a sort of spot check, so you're not using it in every single idea, you're not creating deliberately using the Feynman technique or deliberately using metaphors and visualization in every single idea but you are using it specifically where they will have the most impact. And so in the university setting, the way this tense to work is you'll be doing the coverage page throughout the semester. But if you are going to in disburse that with practice and insight, so after you do a lecture, you wanted immediately practice those ideas. Figure out which one you understand and which one you don't. And then for the once you don't, you're going to use insight to signify that. And so in the classroom setting, you might end up spending a bulk of your time on coverage but a bulk of the learning, about the importance will come from this practice of insight faces. And this is really worry you can get an edge because often just being able to read faster, takes notes better in class will only make you a little bit more advantageous over the other students. But if you were able to apply practice in insight faces and you can live ahead of people who are just mildly paying attention to the class. You can perform really well in academic settings.

So keep this faces in mind, coverage, practice and then insight and in the university setting or in the setting were you are taking classes which will spend over a period of time. Then what you want to be doing is in disbursing both in the practice and insight into those faces. And again, practice consist of getting feedback on whether or not you're doing, whether or not you've learned the information properly. And insight is using the holistic learning techniques, metaphors, visualizations, Feynman techniques as well mnemonics as way of fixing the weak spot that you have.