How to Remember (Nearly) Everything You Learn

Learning is a skill.

But it's rarely taught.

We're constantly trying to learn
new things but we never stop to ask...

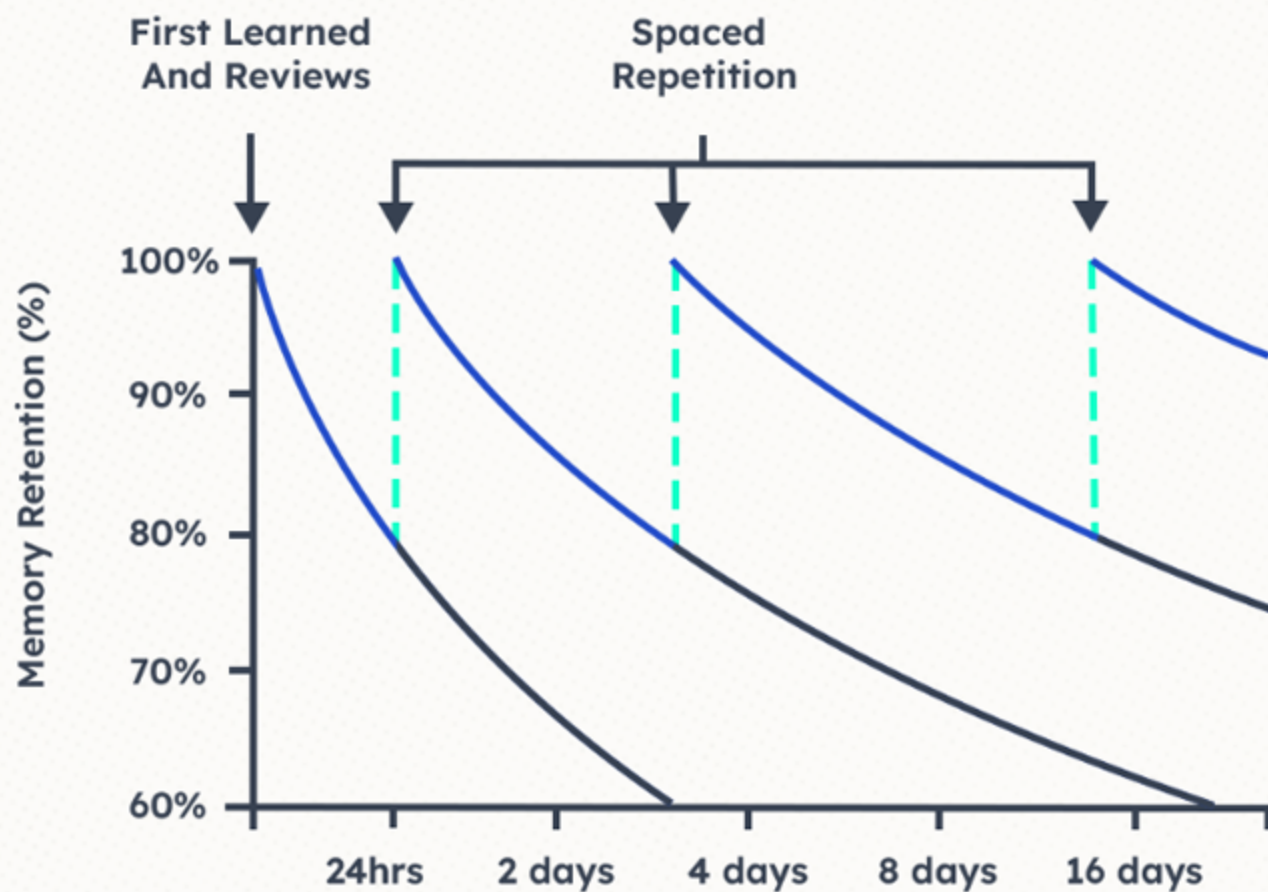*"Am I going about this in the best way?"*

Today I'm sharing 7 techniques you
can use to optimize your learning:

Spaced Repetition is Key

You may be able to scrape through your calculus exam by cramming all night.

But a week later you won't remember a thing.

Your brain will reward you for using **spaced-repetition.**

First Learned And Reviews

Spaced Repetition

Memory Retention (%)

100%

90%

80%

70%
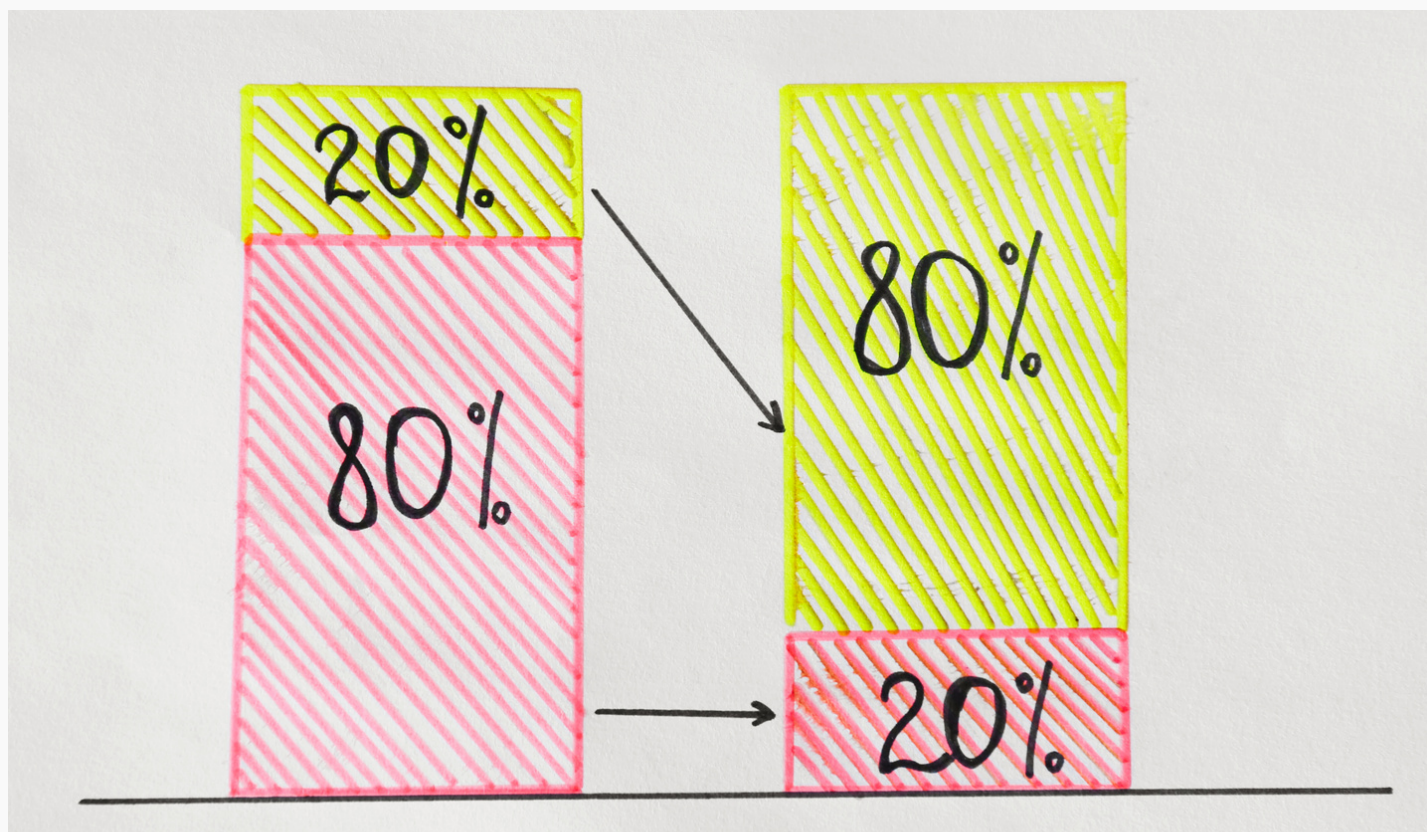
60%

24hrs   2 days   4 days   8 days   16 days

Use the 80/20 Rule

80% of the results come from 20% of the inputs.

Take time before you start learning
something to identify **the most important 20%.**

For example:
Guitar — The 20 chords used most in popular songs
Languages — The 500 most commonly used words
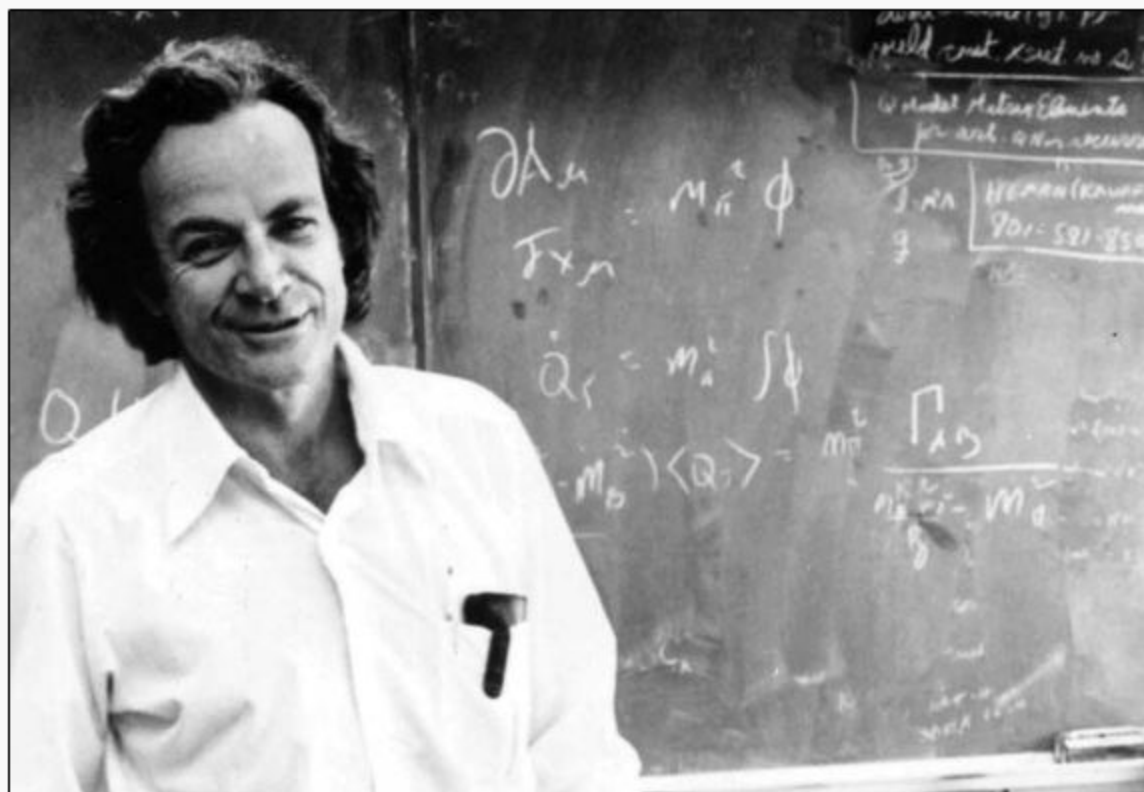
Use The Feynman Technique

A powerful framework for learning:

STEP 1: Identify a topic
STEP 2: Try to explain it to a 5-year-old
STEP 3: Study to fill gaps in your knowledge
STEP 4: Organize what you know and review

Nobel Prize-winning physicist Richard Feynman

Study twice at 2x speed

A study at **UCLA** showed that students who watched a lecture at 2X speed, and then again at 2X speed a week later **scored higher** than students who watched the lecture once at normal speed.

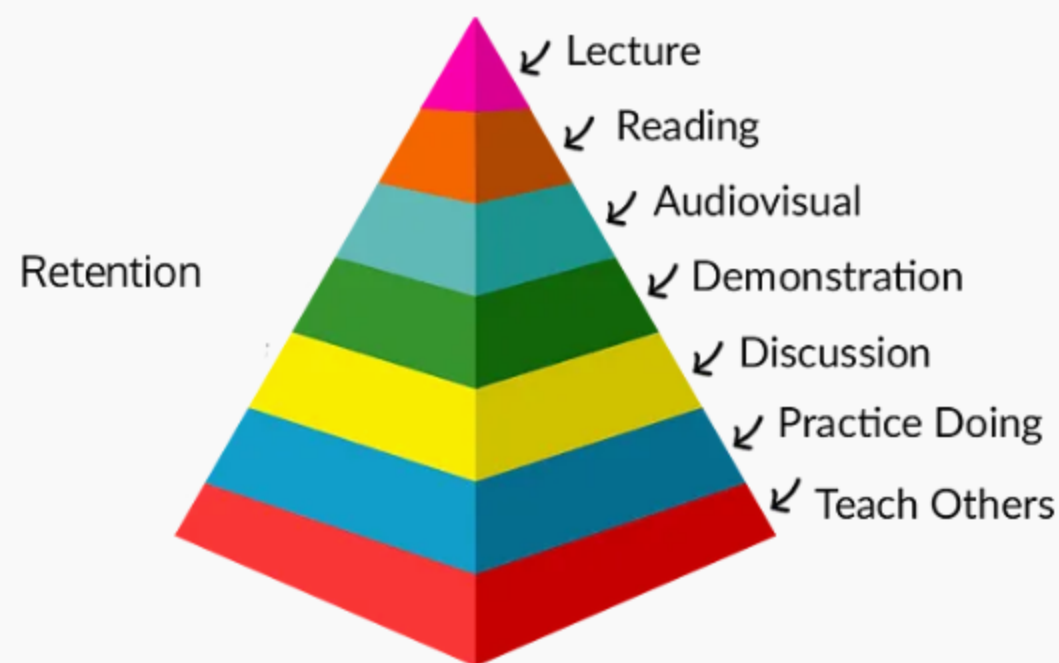(I recommend testing this one out for yourself)

Learn from multiple sources

Your brain is a complex machine.

If you can get **more parts of it firing**, you will be more likely to remember what you're learning.

- Books
- Audio
- Video

Experiment with different ways of stimulating it.

Retention

↙ Lecture
↙ Reading
↙ Audiovisual
↙ Demonstration
↙ Discussion
↙ Practice Doing
↙ Teach Others

Handwriting > Typing

To each their own.

But research shows that retention rates improve when we choose **pen and paper** over mouse and keyboard.

Test Yourself

Good for learning
= putting information into your brain

Better for learning
= recalling information from your brain

Test your knowledge early and often.

This will also help you **identify weak points** that you can come back and target later.

References

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