Twitter Thread by Pickle





If you want to remember everything you learn, take 3 minutes to read this:

According to psychology	professor Paul Reber,	our brains have	the ability to store	up to the equivalent of t	hree million hours:
of TV					

But most people don't ever come close to that capacity.

So how do you maximize your memory?

Follow these steps...

You have 2 forms of memory:

1. Long term memory

It stores:

- Skills
- Important days
- Repeated information
- 2. Working memory

It stores small bits of information that can be used for cognitive tasks.

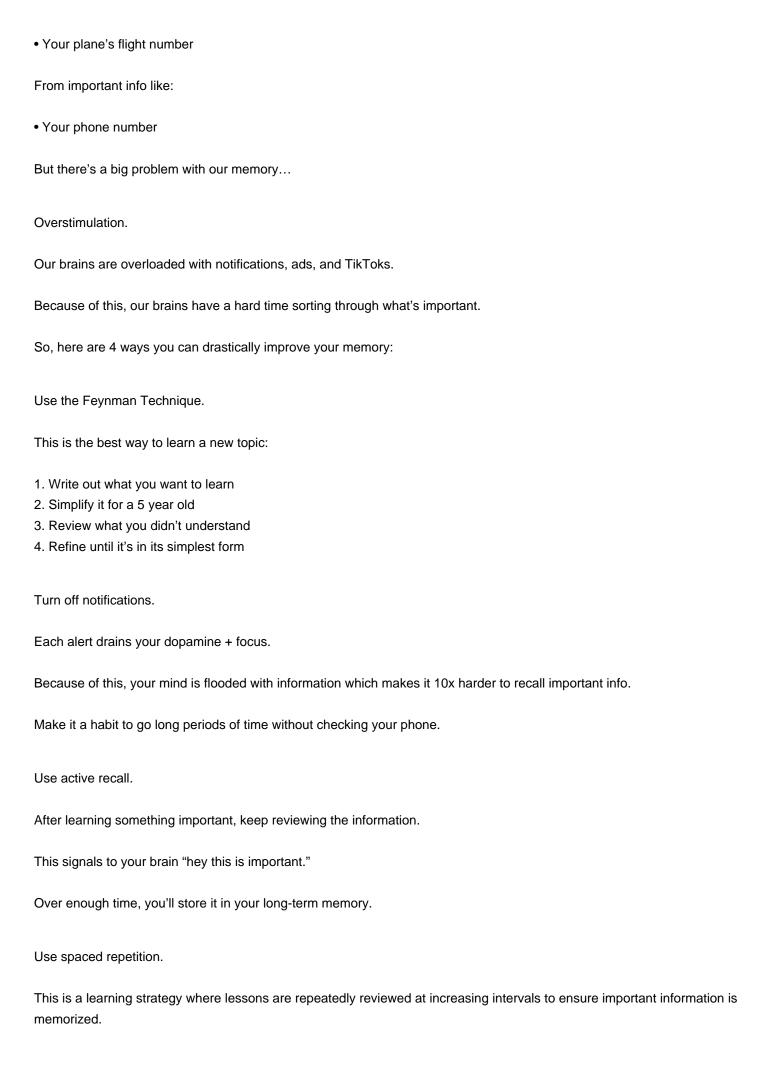
The more information to your long-term memory, the more valuable it becomes.

You can build things upon each other and make valuable connections.

But here's the thing...

To store information in long-term memory, it has to go through working memory.

That's how your brain filters out info you don't need for a long time like:



These are the 4 steps you need to take to use spaced repetition:

1. Plan the intervals of your study sessions
2. Review and study the information for the first time
3. Recall the information at the first spacing interval
4. Keep recalling the information at chosen intervals

How to remember everything you learn:

1. Use The Feynman Technique
2. Turn off notifications
3. Use active recall
4. Use spaced repetition

Enjoyed this thread?

Retweet the first tweet to help others.

Want more content like this?

Follow me @mpickle for content on improving your life through productivity. https://t.co/HA9og8uN6G

If you want to remember everything you learn, take 3 minutes to read this:

— Pickle (@mpickle) August 4, 2022