

Twitter Thread by Alex Brogan

Alex Brogan

@ alexbrogan



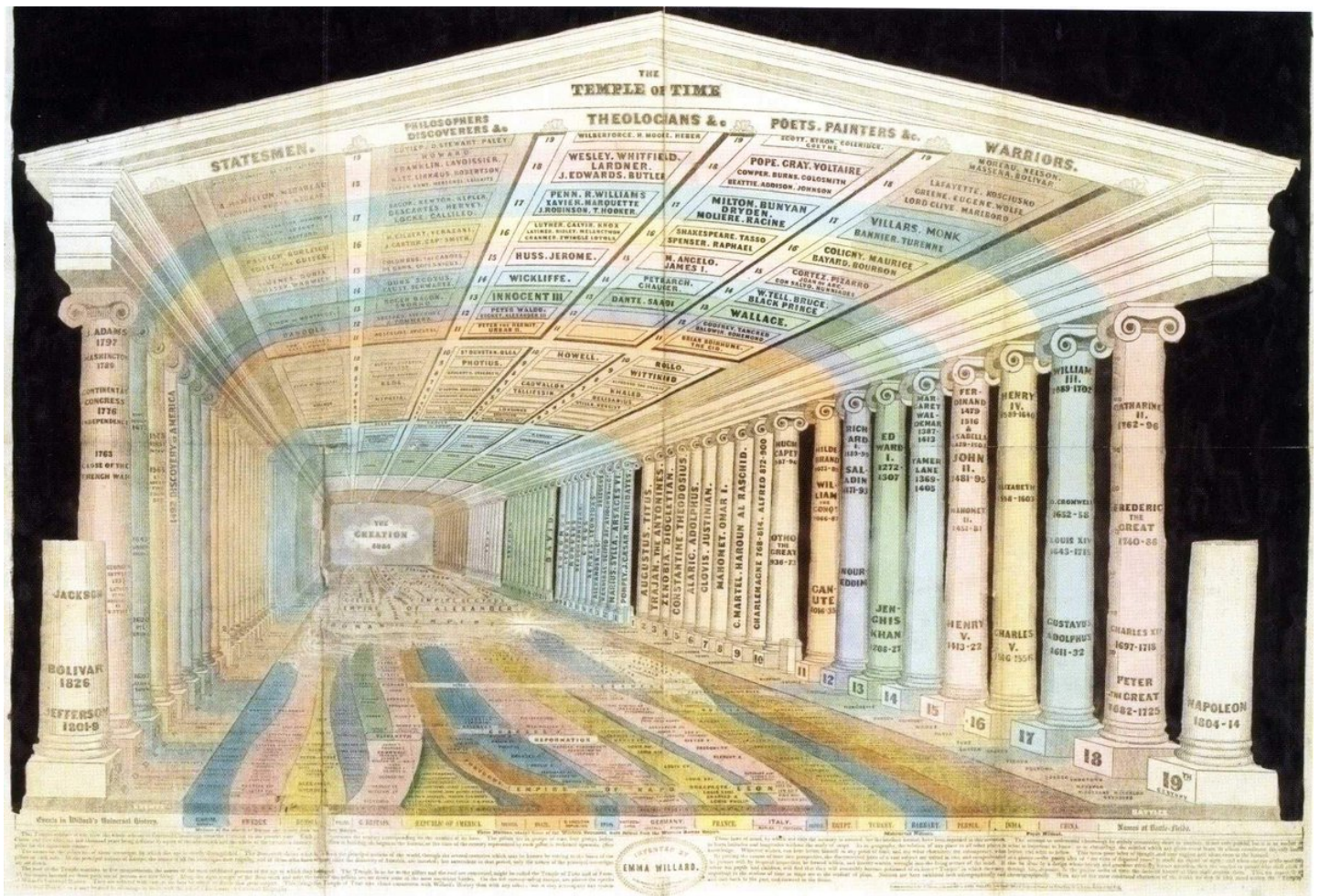
If you want to learn quicker and remember more, here are 10 powerful learning techniques:

First, some general principles that underlie the techniques and aid memory:

- 1) We don't remember all types of information equally (visual and spatial are best)
- 2) Attach new memories to old memories
- 3) Make information vivid and exciting
- 4) Engage as many senses as possible

Memory Palace

- 1) Prepare an organised location (E.g. your house layout)
- 2) Create markers in this location in an easy to follow order
- 3) Make a clear image of the information you would like to remember
- 4) Place each item you are trying to remember on the marked locations



The Textbook Method

Write your own textbook chapter on a topic.

It requires a deep understanding of the concepts and how they fit together.

You're forced to be concise and to create a clear mental structure of the topic.

There's no hiding behind knowledge gaps.

The Question-Book Method

Rephrase notes as questions to be answered later—this engages the retrieval muscle.

When reading a book, restate the big idea of a chapter or section as a question.

This requires deeper thinking and not just adding a "?" to notes you copied verbatim.

Retrieval

The hard thing to do when learning is actively trying to recall without re-reading or viewing.

Few will make the effort, so few get the rewards.

"It pays better to wait and recollect by an effort from within, than to look at the book again" - William James

Immersive Learning

Involves surrounding yourself directly in the environment where the skill will be used.

Example: Moving to a country to learn the native language.

An extreme example would be not allowing yourself to speak your first-language while there.

The Overkill Approach

Involves putting yourself in a high-demand environment, so you're unlikely to miss important feedback lessons.

Example: Standing onstage as early as possible to deliver a public speech when learning public speaking.

More feedback = more learning.

Project-Based Learning

Having a project increases our motivation to learn.

Ask, what project can you do to learn the skill or topic of knowledge?

Skill: Do a project. E.g., Learn programming by building a website

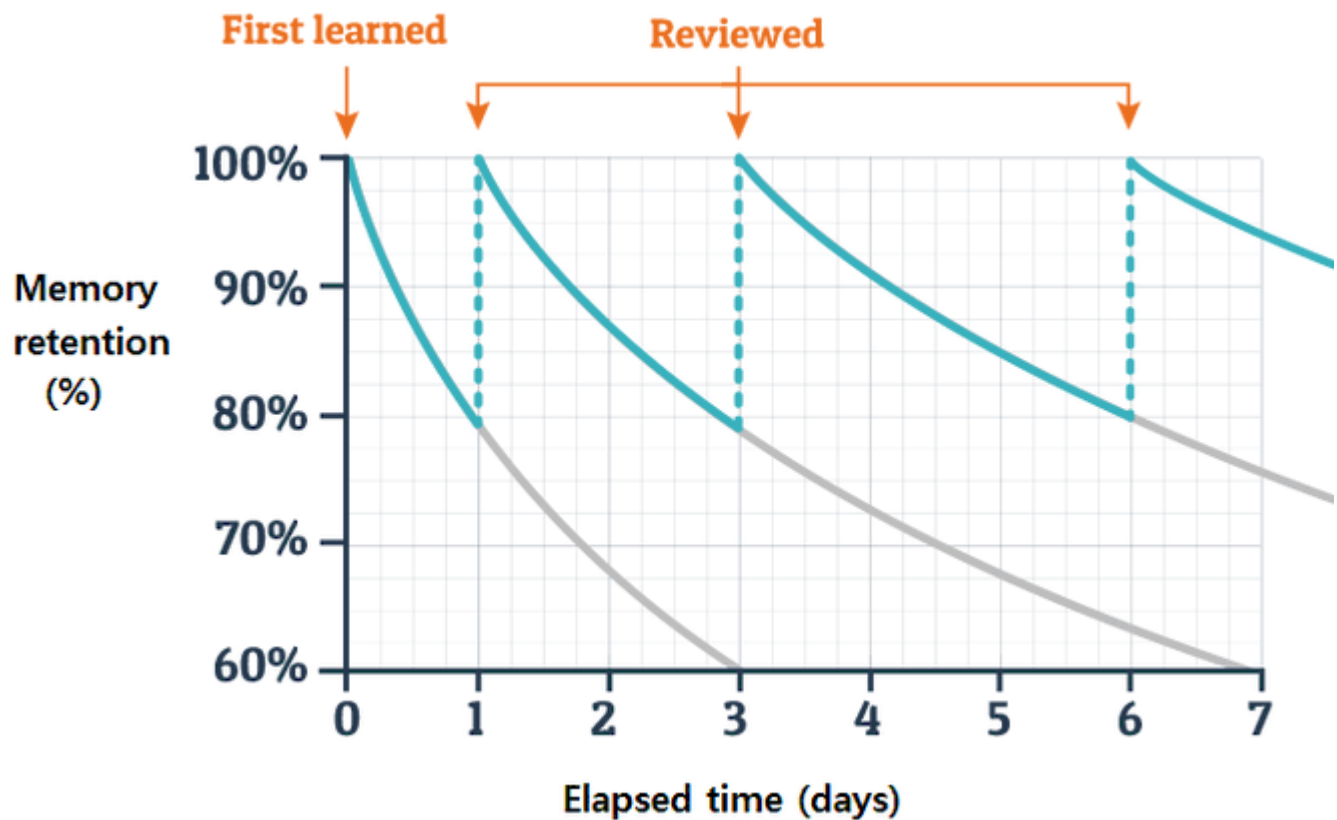
Knowledge: Write an essay or blog post. E.g., Sleep tips post

Spaced Repetition

Memories weaken over time.

If we learn something new, we remember less and less of it as the days and weeks go by: the forgetting curve.

The way to combat this curve is through spaced repetition: repeated exposure to the information to be learned over time.



Deliberate Practice

Regular practice involves mindless repetitions and staying in your comfort zone.

Deliberate practice involves focused attention on the micro-components of a skill, specific goals, and feedback on performance from an expert.

H/T (image) - [@nateliason](#)

The Deliberate Practice Roadmap



The ADEPT Method

A method to teach yourself a difficult idea, or explain one to others.

It's called making explanations ADEPT: Use an Analogy, Diagram, Example, Plain-English description, and then a Technical description.

Created by [@betterexplained](#).

ADEPT Method for Learning	
Analogy	Tell me what it's like.
Diagram	Help me visualize it.
Example	Allow me to experience it.
Plain English	Describe it with everyday words.
Technical Definition	Discuss the formal details.

[@betterexplained](#) That's a wrap!

Follow me [@_alexbrogan](#) for more content to help you get better at the game of life. <https://t.co/PU7saOakgF>

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— Alex Brogan (@_alexbrogan) [September 28, 2022](#)