Twitter Thread by Ben Meer

Ben Meer
@SystemSunday

YouTube is free education.

But 99% don't know the best spots on its virtual campus.

Here are the top channels to accelerate your learning:

Andrew Huberman, Ph.D.

Learn from Professor of Neurobiology at Stanford, @hubermanlab.

Lessons
• Brain health
• How to focus and stay motivated
• Get better at sleeping, learning, and dreaming

https://t.co/kOnowC2GeJ

MIT Open CourseWare

Lessons
• Free and open publication of MIT courses
• Covers the entire MIT curriculum from undergraduate to graduate
• Courses include a syllabus, instructional materials, and assignments
• This is self-paced learning at its best

https://t.co/E6f3bPhUKf

Naval

Lessons
• Listen to episodes from Naval Podcast
• Get a brilliant breakdown of @Naval's viral tweet "How to Get Rich..." (video link below)

https://t.co/SBH1cf4MrE

freeCodeCamp

Learn to code for free.

Lessons
• Web development and programming tutorials
• Learn HTML, CSS, JavaScript, Python, and more

https://t.co/9sHybL3wF2

Khan Academy

Lessons
• Learn math + science.
• Material covers skills taught in K-12

(Saved me countless times preparing for tests).

https://t.co/B0SF6WbJFc

Kurzgesagt—In a Nutshell

Lessons
• Science and the world we live in
• Simplifying complex topics through storytelling and animation

https://t.co/INARZK9y90

Ali Abdaal

@AliAbdaal

Lessons
• Master personal productivity
• Evidence-based tools to live smarter
• Advice on becoming a creator

https://t.co/1ZPddCoSDt

CrashCourse

Lessons
• 42+ courses on useful topics
• Learn about psychology, world history, and more

https://t.co/VxYItIebK5

Veritasium

Lessons
• Videos about science and education
• Spark your curiosity

https://t.co/0mLfPRbeKS

Charisma On Command

Lessons
• Deconstructs the behavior of the most charismatic people in the world
• Maximize your social and emotional intelligence

https://t.co/0aytiIbDgj

Thanks for reading!

What else would you add? Let us know in the comments.

Follow me @SystemSunday for more content like this.

https://t.co/32sbWbALnL

> 10 Google Chrome extensions that will accelerate your learning (all free):
>
> — Ben Meer (@SystemSunday) September 3, 2022

P.S. If you like productivity, you will love my weekly newsletter (it's free).

Every Sunday I feature the best tech products for wealth, health, and free time.

Try it here:
https://t.co/pjCfCFXgYo