

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/VxYltlebk5>

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/0aytilbDgj>

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>