

# **Become a SuperLearner**

Course Syllabus - Updated November 20th, 2014

## **IMPORTANT:**

**Please download/save this document so you can easily access the links in each lecture.**

**(This is especially important if you use Udemy's mobile apps, as they don't show sidebar links!)**

**NOTE:** You can easily add a bookmark folder in your browser which includes all the links. Simply [download this HTML file](#) and import it into your browser's bookmarks.

## **SECTION 1: INTRODUCTION**

- **Lecture 1 - About us: how this course came to be**
  - Recommended Supplementary Materials
    - [Become a Superlearner Facebook Group](#) - Join the Conversation!
    - [Become a Superlearner Facebook Fan Page](#) - Show Your Support!
    - [KeyToStudy Superlearning Blog](#) - Advanced topics & more!
    - [Become a SuperLearner Track on Lift.do](#) - (Optional)
- **Lecture 2 - Course Syllabus**
  - Recommended Supplementary Materials
    - [Proposed Training Schedule](#) - How much you should practice each activity (an alternative to the Track on Lift.do)
- **Lecture 3 - Learning how to learn**
- **Lecture 4 - What is a "Super Learner," anyways?**
  - Recommended Supplemental Materials
    - [TEDxSanAntonio - Benny Lewis - Fluent in Three Months - Rapid Language Hacking](#)
    - [Teen Speaks Over 20 Languages](#)
    - [How to become a Memory Master: Idriz Zogaj at TEDxGoteborg](#)
    - [Tim Ferriss: Smash fear, learn anything | Video on TED.com](#)
    - [The Art of Learning: An Inner Journey to Optimal Performance](#)
- **Lecture 5 - Overview: What you'll be learning**
  - Recommended Supplemental Materials:
    - [Progressive Overload: Wikipedia](#)
  - Homework: Write out 3-5 reasons or applications: Why do you want to succeed in this

course?

- i.* \_\_\_\_\_
- ii.* \_\_\_\_\_
- iii.* \_\_\_\_\_
- iv.* \_\_\_\_\_
- v.* \_\_\_\_\_

· **Quiz 1 - Are we on the same page?**

## SECTION 2: IMPROVE YOUR MEMORY: BUILDING THE INFRASTRUCTURE FOR SUPER-LEARNING

· **Quiz 2 - What is your baseline reading speed and retention?**

- Reading Speed: \_\_\_\_\_ wpm
- Reading Retention: \_\_\_\_\_ %

· **Quiz 3 - Misconceptions Part 1**

· **Lecture 6 - Why we need to improve our memory first**

· **Lecture 7 - How we store information: a very brief explanation**

- Recommended Supplemental Materials
  - [How Your Brain Works](#)
  - [What is the memory capacity of the human brain?](#)

· **Lecture 8 - Why images are the most powerful way to remember**

- Recommended Supplemental Materials
  - [Joshua Foer: Feats of memory anyone can do | Video on TED.com](#)
  - [How to Train Your Brain and Boost Your Memory Like a USA Memory Champion](#)
  - [Moonwalking with Einstein, The Art and Science of Remembering](#)
  - [Picture superiority effect](#)
  - [The art of memory: Daniel Kilov at TEDxMacquarieUniver](#)

· **Lecture 9 - What types of images come naturally to you?**

· **Lecture 10 - The theory in action: learning something new**

- [Exercise: Visit Wikipedia & Try It Yourself](#)
- **Quiz 4 - Do we understand how to improve our memory?**

## SECTION 3: USING MENTAL MARKERS FOR LEARNING

- **Quiz 5 - Misconceptions Part II**
- **Lecture 11 - What do pictures have to do with reading?**
  - Recommended Supplementary Materials:
    - [Peter Doolittle – How your “working memory” makes sense of the world](#)
- **Lecture 12 - Creating effective markers for better memory**
  - Homework (ok to continue lectures)
    - [The Short Term Memory Checker](#): 10 minutes/day till you stop seeing improvement
- **Lecture 13 - Demonstration: Creating Markers as we Read**
- **Lecture 14 - Trying out your new skills**
  - Homework (ok to continue lectures, but you may want to pause 2-4 days & practice markers)
    - Habituate using markers for everyday memory items (meeting people, distractions, etc)
- **Lecture 15 (New!) - Linking Markers for Better Retention**
  - Homework: Practice linking markers alongside other regular exercises
- **Quiz 6 - How well do we understand markers?**

## SECTION 4: PRE-READING AND PREPARATION

- **Quiz 7 - Misconceptions Part III**
- **Lecture 16 - Pre-read before you read**
- **Lecture 17 - Creating an intense interest and curiosity**
  - Homework (ok to continue lectures, but you may want to pause 2-4 days & practice markers)

- Pre-read any material you read. Practice creating questions & curiosity
- Recommended Supplementary Materials
  - [Malcolm Knowles, Informal adult education, self-direction and andragogy](#)

· **Quiz 8 - Are we all clear on pre-reading?**

## SECTION 5: READ WITH YOUR EYES, NOT WITH YOUR INNER VOICE

· **Quiz 9 - Reading Speed & Comprehension Test - Part II**

- Reading Speed: \_\_\_\_\_ wpm
- Reading Retention: \_\_\_\_\_ %

· **Quiz 10 - Misconceptions Part IV**

· **Lecture 18 - How most people read: subvocalization**

· **Lecture 19 - Saccades: using your eyes as effectively as possible**

- Recommended Supplementary Resources
  - [Readability](#)
  - [Chrome Web Store](#)
  - [Pocket](#)
  - [Instapaper](#)
- Homework (ok to continue lectures, but don't brush over this homework and forget it)
  - [Camera Mind Game](#): 10 minutes/day, alongside other games, till you see improvement

· **Lecture 20 - Improving your eye span: wider saccades**

- Homework (ok to continue lectures, but don't neglect these exercises)
  - [Schultz Table Exercises](#): 10 minutes/day. This can replace the 10 minutes/day you're spending on Short Term Memory Checker only if you've seen enough improvement
  - [Advanced Schultz Table Exercises](#): Replace the exercise above with this one only when the standard exercises become too easy for you. 10 minutes/day as always

· **Lecture 21 - More efficient saccades**

- Homework (you now have a lot of daily games on your plate – it's a good time to take a break)
  - [Level 2 Short Term Memory & Span Game](#): Replace Camera Mind if you've

progressed

- **Lecture 22 - Speed training with a card**
- **Lecture 23 - Training at the speed you wish to read**
  - Homework (continue only if you've been diligent with past exercises and seen improvement)
    - [Spreeder speed reading software](#): Begin using, but don't neglect normal reading
  - Recommended Additional Resources:
    - [Free Speed Reading Test](#): You can try one of these timed tests to see your progress
- **Lecture 24 - Speed Tip: Tricking your brain into speeding up**
  - Homework: Practice this speed tip
- **Lecture 25 (New!) - Creating Markers at Speed**
- **Quiz 11 - Do we understand sight-reading yet?**
- **Lecture 26 - Training going forward**
  - Homework: Practice all of these skills – any games you haven't yet mastered, prereading, saccades, spreeder, and using a card. Don't advance until you see dramatic reading speed improvements of around 600-700wpm. Ask questions if you're having difficulty – this won't be easy!
- **Quiz 12 - Reading Speed & Comprehension Test - Part III**
  - Reading Speed: \_\_\_\_\_wpm
  - Reading Retention: \_\_\_\_\_%

## SECTION 6: ADVANCED TOPICS IN MEMORIZATION

- **Quiz 13 - Misconceptions Part V**
- **Lecture 27 - Mind Mapping**
  - Recommended Supplementary Resources:
    - [MindMeister](#)
    - [How to Mind Map: Beginner's Guide](#)
    - [Learn the Skill of Effective Mind Mapping | Udemy](#)
- **Lecture 28 - Memory Templates (Expanded & Improved!)**

- Recommended Supplementary Resources
  - [Joshua Foer: Feats of memory anyone can do | TED.com](#) (re-linked)
  - [Moonwalking with Einstein, The Art and Science of Remembering](#)
  - [Dramatically Improve Your Memory with a Memory Palace](#)
  - [Magnetic Memory Method Blog/Podcast with Anthony Metivier](#) - Great (and free!)
  - [List of Anthony Metivier's Books](#) (eBook and Paperback available)
- Homework: Create your first memory palace and fill it with your to-do or Grocery list
- **Lecture 29 - Number memorization system**
  - Recommended Supplementary Resources
    - [Remember Any Number With the Major Memory System](#)
    - [How to Train Your Brain and Boost Your Memory Like a USA Memory Champion](#)
- **Lecture 30 - Chunking**
  - Recommended Supplementary Resources
    - [Improve Your Memory with The Chunking Technique](#)
    - [Chunking \(psychology\)](#)
    - [How can we enhance working memory?](#)
- **Quiz 14 - Do you remember these pointers on memory?**

## SECTION 7: GOOD LEARNING HABITS

- **Quiz 15 - Misconceptions Part VI**
- **Lecture 31 - Sleeping and learning**
  - Recommended Supplementary Materials
    - [Sleep Drives Metabolite Clearance from the Adult Brain](#)
    - [Russell Foster: Why do we sleep?](#)
    - [Effect of caffeine on memory - Wikipedia](#)
    - [How Long to Nap for the Biggest Brain Benefits](#)
    - [Sleep Hacking: Have More Energy, Spend Less Time in Bed by Scott Britton | Udemy](#)
- **Lecture 32 - The proper learning environment**
  - Recommended Supplementary Materials
    - [BBC News | HEALTH | Herbal remedies 'boost brain power'](#)

- [Lighting affects students' concentration positively: findings from three Dutch studies.](#)
  - [Studies Show Glucose and Oxygen Help Brain](#)
  - [Improving on the \\$22 IKEA Desk](#)
  - [Oxygen administration enhances memory formation in healthy young adults](#)
  - [Bright light effects on working memory, sustained attention and concentration of elderly night shift workers](#)
- **Lecture 33 - Long term storage: Maintaining memories**
  - Homework
    - [Download and configure Anki](#) (It's a must!)
- **Quiz 16 - Is your environment set up for learning?**

## SECTION 8: APPLYING YOUR NEW SKILLS TO ANYTHING AND EVERYTHING

- **Quiz 17 - Misconceptions Part VII**
- **Lecture 34 - Tailoring the skills: Dense materials or textbooks**
- **Lecture 35 - Tailoring the skills: Learning languages**
  - Recommended Supplementary Resources
    - [Learn the vocabulary of any language | Udemyl](#)
    - [Fluent in 3 Months Blog](#)
    - [Learn a language fast and efficiently - The Tower of Babelfish](#)
    - [Anki: What it is, how to use it \(to learn a language\)](#)
- **Lecture 36 - Tailoring the skills: Never forget a face or a name**
- **Lecture 37 - SuperLearning by video or audio**
  - Recommended Supplementary Resources
    - [MySpeed by Enounce](#)
    - [YouTube HTML5 Trial](#)
- **Quiz 18 - Can you apply your new skills to things besides reading?**
- **Lecture 38 - Thank You & Congratulations**
  - Enjoy an 85% OFF coupon for Jonathan's other course, "[Become a Speed Demon: Hack Automation & Efficiency to Have More Time](#)"

