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# COURSE SYLLABUS

Updated November 26th, 2017

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

You can also easily download and add a bookmarks folder in your browser which includes all the links.

“How Long Until I Will Be Able to....?”
<p>Students love to ask these types of questions, and the answer is always: “<i>it depends.</i>”</p> <p>This outline serves as a rough timeline that will apply to the average student. However, every student arrives to the course with different levels of training, different learning challenges, and different bad habits. For this reason, different exercises and milestones will take longer for different people.</p> <p>In each step, we try to provide an indication as to when you’ll know it’s time move on, and a suggestion along the side of the syllabus as to <i>roughly</i> where you should be week after week. Use your judgement, be a responsible student, and if you feel you aren’t doing well at a particular game or exercise, spend more time on it, rather than forcing yourself to move on. None of these guidelines are set in stone, and you know best when you feel ready.</p> <p>You could complete the course in just 6 weeks, or you could take up to 12, but generally speaking:</p> <ul style="list-style-type: none"><li>• You should be able to do some very cool memory tricks in 3 weeks</li><li>• You will have some incredibly powerful memory skills that you can apply to anything in 4 weeks</li><li>• You’ll be speed reading with fairly high comprehension at the end of 7 weeks</li><li>• Finally, you’ll be a certified SuperLearner in around 10 weeks (or less)</li></ul> <p>It’s all up to you, where you’re starting from, and the amount of work you put in, but above all...</p> <p><b>Remember: Learning is Not a Spectator Sport!</b></p>

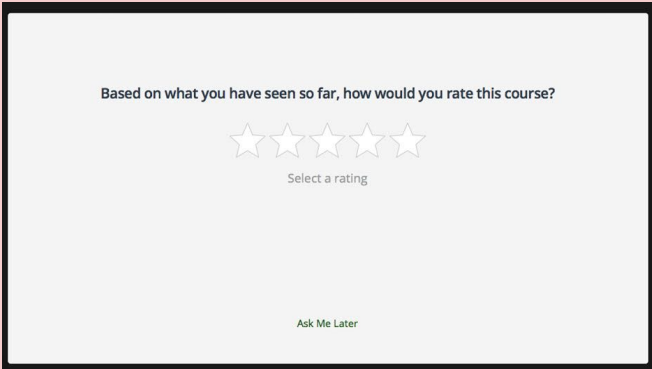
*In the first part of Week 1, we get acquainted, brief you on how things will work, and do some important “prep” work to make sure you are set up to succeed in the course. Then, we waste no time, diving deep into the first and most important part of superlearning ability: understanding and improving your memory.*

*If you’re eager and have the time, it’s a great idea to go through all of the video lectures and prepare yourself for what you’re about to learn. Then, you can come back and take the training schedule week-by-week. It’s very important not to rush or skip ahead, but having an idea of what’s coming and what it all builds up to definitely helps!*

**SECTION 1: INTRODUCTION & SETTING YOURSELF UP FOR SUCCESS**

- **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!
    - [Become a SuperLearner: The Official Book](#) (eBook & Paperback)
    - [Becoming SuperHuman](#) - Spinoff Blog & Podcast w/ Educational Interviews
    - [The Key To Study Skills](#) - Spinoff book on advanced materials by Dr. Lev & Anna
    - [KeyToStudy Blog](#) Spinoff Blog by Dr. Lev - Advanced topics, exercises, & more!
- **Lecture 2 - Downloading the course resources & overview**
  - Homework:
    - Download the PDF Syllabus, skim through it, & save it somewhere handy
    - Download the Bookmarks HTML File & import it into your browser
    - Suggested: Schedule **five to six** 60 min sessions/week for the next 10 weeks
- **Lecture 3 - Progressive overload & what to do if you get frustrated**
  - Recommended Supplementary Materials:
    - [Progressive Overload: Wikipedia](#)
    - [The Pomodoro Technique](#)
    - [Avoiding Headaches](#)
  - Motivational Materials:
    - [An Interview w/ Memory Champ Nelson Dellis](#) - Becoming SuperHuman
    - [TEDx - 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 4 - Personal Goals & Progress Worksheet**
  - Homework:
    - Begin the [Personal Goals & Progress Worksheet](#) & post it publicly near your desk
- **Lecture 5 - Diagnostic Worksheet #1: Establish a baseline reading speed and retention**
  - Homework:
    - Complete [Reading Diagnostic Worksheet #1](#) & save your results
- **Quiz 1 - Are we on the same page and ready to learn together?**

**A NOTE ON REVIEWS:**



Throughout the course, Udem will ask you to create & update a review - perhaps before you’ve been able to form an opinion.  
If you’re excited about the course, even if it’s early, please let us know by giving us 5 STARS!

Udem ranks us by recent reviews. If our average drops below **4.55**, we are penalized! Please consider the consequences of your decision before leaving a 4 star review!

Thank you very much.

## **SECTION 2: UNDERSTANDING YOUR MEMORY (SO THAT YOU CAN IMPROVE IT!)**

- **Lecture 6 - Misconceptions Pre-Quiz I**
- **Lecture 7 - Why we need to improve our memory first**
- **Lecture 8 - How we store information: a very brief explanation**
  - Recommended Supplemental Materials
    - [How Your Brain Works](#)
    - [The Ageing Brain: Neuroplasticity and the Ageing Brain](#)
    - [Malcolm Knowles, Informal adult education, self-direction and andragogy](#)
    - [Short Term Memory](#)
    - [What Your Working Memory Does \(and how to give it a tune up\)](#)
    - [What are the differences between long term, short term, & working memory?](#)
    - [What is the memory capacity of the human brain?](#)
    - [Peter Doolittle – How your “working memory” makes sense of the world](#)
- **Lecture 9 - The Importance of Balancing Exercises with Real Life Application**
- **Lecture 10 - Chunking: Navigating the brain’s natural limitations**
  - Recommended Supplementary Resources
    - [The Magical Number, 7±2](#)
    - [Improve Your Memory with The Chunking Technique](#)
    - [Chunking \(psychology\)](#)
- **Lecture 11 - Demonstration: Chunking**
  - Homework:
    - Practice the [STVM Exercise](#) for 10+ minutes, using Chunking
    - Advanced: Try the [20 Random Word Generator](#) game using only chunking
- **Lecture 12 - Chunking Worksheet (Bonus Teaser From our [MasterClass](#))**
  - Homework:
    - Complete the [Chunking Worksheet](#)
- **Lecture 13 - Dual coding & ‘brute force’ learning**
  - Recommended Supplementary Materials:
    - [Working Memory & Dual coding](#)
    - [Dual coding explained](#)
- **Quiz 2 - How much do we understand about our memory?**

*With the first week over, you should have a firm understanding of how memory works, and a good idea of what is required to dramatically improve it. Though it may feel like you can’t actually use any new skills yet, next week you’ll have a “Karate Kid” moment, where you learn how to use this seemingly useless knowledge to do amazing things!*

*In weeks 2 & 3, we'll dive into the "meat" of the course - visual memory & markers. We'll learn how to apply the picture superiority effect to learning, and do extensive exercises and practice to develop this all-important skill in your superlearning toolkit. This foundational skill is hugely critical, so it's best to take your time and master it. It's our opinion that 60-70% of the value of this course lies in the memory techniques, so don't neglect it or rush to get to speed reading!*

### **SECTION 3: THE INCREDIBLE POWER OF VISUAL MEMORY**

- **Lecture 14 - Misconceptions Pre-Quiz II**
- **Lecture 15 - Why images are the most powerful way to remember & learn**
  - Recommended Supplementary Materials:
    - [An Interview with Harry Lorayne, the Godfather of Modern Mnemonics!](#)
    - [Joshua Foer: Feats of memory anyone can do | Video on TED.com](#)
    - [How to Train Your Brain and Boost Your Memory Like a Memory Cham](#)
    - [Moonwalking with Einstein, The Art and Science of Remembering](#)
    - [Picture superiority effect](#)
    - [The art of memory: Daniel Kilov at TEDxMacquarieUniver](#)
    - [Podcast Interview with Your 3 Instructors](#) (Recommended)
- **Lecture 16 - When & why creativity training may be necessary**
  - Homework:
    - [Creativity 101: The Power of multiple perspectives](#)
- **Lecture 17 - What types of images come naturally to you?**
- **Quiz 3 - Do we understand how visual memory works?**

### **SECTION 4: MENTAL MARKERS: VISUAL MEMORY MEETS LEARNING**

- **Lecture 18 - How do we apply visual memory to reading?**
- **Lecture 19 - Demonstration: Visualization of words and concepts from text**
- **Lecture 20 - Creating effective markers for better memory**
  - Homework (ok to continue lectures):
    - [The Short Term Memory Checker](#): 10m/day till you beat Lvl. Max
    - [The Random Images Generator](#): 10m/day till you're comfortable
    - Check out this [Tag Cloud Generator](#) - it can help you choose markers!
- **Lecture 21 - Logical & creative markers**
- **Lecture 22 - Trying out your new skills**
  - Homework (ok to continue lectures, but consider pausing 2 days to practice)
    - Practice [creating visual markers](#) for 10m/day until you feel comfortable
    - Habituate using markers for everyday tasks (meeting people, etc)
- **Lecture 23 - Linking & chunking markers for better retention**
- **Lecture 24 - Demonstration: Putting it all together with random facts**
- **Lecture 25 - Demonstration: Putting it all together with written texts**
  - Homework:
    - [Practice linking markers](#) for 15m/day until you feel comfortable
    - [Practice linking & memorizing words](#) 10m/day
    - Complete this week's section of the Goals & Progress Worksheet
- **Quiz 4 - How well do we understand markers?**

*Generally, students train on these exercises for two weeks, and continue to practice them even as they move on to Weeks 4+. Should you move on? Well, as long as you continue doing the homework, no problem! When you can easily create visual markers for anything, and you have no problem remembering new information, you can stop practicing the games above and focus on the homework for weeks 4-5.*

*This week, we'll put it all together by unlocking the world's most powerful memory techniques, study habits, and strategies. All this will prepare you to store the huge amounts of information you'll soon be capable of absorbing via speed reading using orderly, effective systems for long term memory.*

*While in the past, this section came after the speed reading sections of the course, we eventually decided that it was too important to be left till the end. Please pay special attention to the Memory Palace and Number Memorization Systems lectures, as they will reveal the techniques used by every single memory champion and world record holder to achieve incredible feats of memory.*

## SECTION 5: SYSTEMS FOR CREATING & MAINTAINING LONG TERM MEMORIES

- **Lecture 26 - Misconceptions Pre-Quiz III**
- **Lecture 27 - Using Spaced Repetition to Help Us Maintain Memories**
  - Recommended Supplementary Materials:
    - [The Leitner System](#)
    - [Download and configure Anki](#) (It's a must!)
    - [Anki: What it is, how to use it \(to learn a language\)](#)
    - [An Interview with Peter C. Brown, Author of "Make It Stick"](#)
    - [An Interview with Ron White, 2X USA Memory Champion](#)
- **Lecture 28 - Mind Mapping**
  - Recommended Supplementary Materials:
    - [FreeMind Mind-Mapping Software](#) or [MindMeister \(Cross-Platform\)](#)
    - [MindNode for iPhone and iPad](#) or [SimpleMind for Android](#)
    - [Mind Mapping for Beginners | Udemy](#)
    - [Learn the Skill of Effective Mind Mapping | Udemy](#)
- **Lecture 29 - Memory Palaces**
  - Recommended Supplementary Materials:
    - [Anthony Metivier Interview: How to Remember Everything](#)
    - [Moonwalking with Einstein, The Art and Science of Remembering](#)
    - [Dramatically Improve Your Memory with a Memory Palace](#)
    - [Free video series by memory expert Anthony Metivier](#) - **Recommended!**
    - [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 30 - Number memorization systems**
  - Recommended Supplementary Materials:
    - [Remember Any Number With the Major Memory System](#)
    - [How to Train Your Brain and Boost Your Memory Like a Memory Champ](#)
    - [Major Method Generator](#) (great for practice)
- **Quiz 5 - Do you know how to maintain your memories long term?**

*At the conclusion of this week, you should have some experience playing around with Memory Palaces (hopefully you've built one of your own), Mind Maps (ditto), Major Method, and Spaced Repetition Systems like Anki. By combining visual markers & memory with these powerful tools, you've already increased your memory and learning capacity by a factor of 5. Now, you're ready to start applying your skills to reading and speed-reading!*

While you might be eager to begin learning to speed read, there's just one more step; pre-reading - and it's a big one. Pre-reading alone will offer you many of the benefits you're probably looking forward to gaining from speed reading. In Week 4, we will learn about pre-reading, why it's important, and how to do it properly. This means that you'll finally start reaping some of the benefits of SuperLearning in your daily life. Homework is intentionally light this week, to allow you to tie up any loose ends or difficulties with the homework from weeks 2-4.

## **SECTION 6: PRE-READING AND PREPARATION**

- **Lecture 31 - Misconceptions Pre-Quiz IV**
- **Lecture 32 - Introducing the SQ3R System**
  - Recommended Supplementary Materials:
    - [SQ3R System](#)
- **Lecture 33 - Pre-read before you read**
- **Lecture 34 - Creating burning interest: Perspectives, prior knowledge, & W/H questions**
  - Homework: *(ok to continue lectures, but keep practicing markers)*
    - Pre-read any material you read. Practice creating questions & curiosity
    - Continue practicing games from Week 2
  - Recommended Supplementary Materials:
    - [Creativity & Perspectives](#)
- **Lecture 35 - Demonstration: Pre-reading**
- **Quiz 6 - Are we all clear on pre-reading?**

*This week was a light week, because we know you are likely still sharpening your skills on the games from weeks 2 & 3, and possibly still adjusting to the systems taught in Week 4. Week 6 will introduce a lot of new homework and daily exercises, which means that you'll have a lot of daily work to do if you don't master the Week 2-4 exercises before then. Use this light week to make sure you're ready for the more challenging part of the course next week: speed reading!*



With both markers and pre-reading now firmly ingrained in our skill set, we are finally ready to dive into speed reading. This can be challenging for some, so we take it step-by-step and gradually ease into it over the course of 2 weeks. As always, it's important to be responsible with all of your homework, and to rely on the SuperLearner community if you get stuck.

## SECTION 7: READ WITH YOUR EYES, NOT WITH YOUR INNER VOICE

- **Lecture 36 - How to properly test your comprehension without fooling yourself**
- **Lecture 37 - Diagnostic Worksheet #2: Establish a new reading speed and retention**
  - Homework:
    - Complete [Reading Diagnostic Worksheet #2](#) & save your results
- **Lecture 38 - Misconceptions Pre-Quiz V**
- **Lecture 39 - How most people read: subvocalization**
  - Recommended Supplementary Materials:
    - [It takes just 13 milliseconds to recognize an image, scientists discover](#)
- **Lecture 40 - Saccades: using your eyes as effectively as possible**
  - Homework: (ok to continue lectures, but don't brush over homework or forget it)
    - [Camera Mind Game](#): 10m/day, alongside others, till comfortable
- **Lecture 41 - Improving your eye span: wider saccades**
  - Homework: (ok to continue lectures, but don't neglect these exercises)
    - [Schultz Table Exercises](#): 10m/day. This can replace the 10m/day you're spending on Short Term Memory Checker only if you've seen improvement
    - [Advanced Schultz Table Exercises](#): Replace the exercise above with this one only when the standard exercises become easy for you. (10m/day)
- **Lecture 42 - Using saccades across various devices and media**
  - Recommended Supplementary Materials:
    - [Readability](#)
    - [Chrome Web Store](#)
    - [Pocket](#)
    - [Instapaper](#)
- **Lecture 43 - Final thoughts on saccades**
  - Homework:
    - [Level 2 Short Term Memory Game](#): Replace CameraMind
    - Check out [this article](#) to better understand proper saccade width
- **Lecture 44 - Demonstration: Saccades in action**
  - Recommended Supplementary Materials:
    - [Multicolumn saccade formatter](#)
- **Quiz 7 - Do we understand how speed reading works?**

Weeks 6 & 7 introduced a lot of new games and even more new skills. This stuff is challenging! Plus, you may still be perfecting the skills you learned in Weeks 2 & 3. This is why we spaced it out over the course of 2 weeks. You could have done it quicker, but to avoid frustration, it's better that you did not. Furthermore, your homework in Week 5 won't be too time consuming, so that you can remain focused on the games, skills, and exercises you've learned so far. In essence, it's OK to move on if you're still not very confident at sight reading; it's a gradual journey, and we will give you more techniques and exercises to improve your skills in week 8.

*You may still be struggling with comprehension while speed reading, and that's ok. As we'll remind you in this section, we are using the "Progressive Overload" training methodology, which means some hard work and soreness is expected! In Week 8, we will help you read faster and faster, while gradually increasing your comprehension and marker-creation proportionally.*

## **SECTION 8: LET'S SPEED THINGS UP!**

- **Lecture 45 - Speed training with a card**
- **Lecture 46 - Progressive Overload Revisited: Training at the speed you wish to read**
  - Homework: (continue only if you've been diligent with past exercises & improved)
    - [Spreeder software](#): Try it out, but don't neglect normal reading
    - [Sliding Word utility](#) - a little bit more versatile than Spreeder
    - [Acceleread for iOS](#)
  - Recommended Supplementary Materials:
    - [Free Speed Reading Test](#): You can try one of these to measure progress
- **Lecture 47 - Speed Tip: Tricking your brain into speeding up**
  - Homework:
    - Practice this speed tip
- **Lecture 48 - Managing pauses to create markers while speed reading**
  - Homework:
    - Practice creating markers at speed by reading any text
- **Lecture 49 - A Discussion of Marker Density**
- **Lecture 50 - Demonstration: Creating markers while speed reading**
- **Lecture 51 - Text structure and marker hierarchy**
- **Lecture 52 - Training going forward & what to do if you backslide**
  - Homework:
    - Practice everything you've learned so far until you have it down!
- **Lecture 53 - Diagnostic Worksheet #3: Establish an "after" reading speed and retention**
  - Homework:
    - Complete [Reading Diagnostic Worksheet #3](#) & save your results
- **Quiz 8 - Do we fully understand speed reading?**

*After Week 8, you have the knowledge to continue training on your own. If you're not fully able to speed-read yet, don't worry - it comes with time and can be challenging for some students. Keep practicing, don't get discouraged, and check out the Facebook group for support from your peers! You'll get it. And once you feel comfortable, you should complete the third diagnostic worksheet and share your results in the Facebook group!*

*As long as you keep practicing, you should continue to the next sections. As you become more proficient in speed reading, you'll want to apply tweaks to further enhance your learning efficiency - and that's what the next section is all about.*



*Becoming a SuperLearner is about more than tricks and techniques - it's also a way of life. In this section, we learn how to design your learning environment, regimen, and life in a way that's conducive to optimal learning.*

## **SECTION 9: GOOD LEARNING HABITS**

- **Lecture 54 - Misconceptions Pre-Quiz VI**
- **Lecture 55 - Sleeping and learning: Why sleep is so crucial**
  - Recommended Supplementary Materials:
    - [How to Supercharge Your Sleep: Nick Littlehales, Elite Sleep Coach](#)
    - [Dr. Kirk Parsley on how to improve your sleep quality](#)
    - [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](#)
- **Lecture 56 - The proper learning environment**
  - Recommended Supplementary Materials:
    - [Lighting affects students' concentration positively](#)
    - [Studies Show Glucose and Oxygen Help Brain](#)
    - [Improving on the \\$22 IKEA Desk](#)
    - [Why Sitting is Killing You](#)
    - [Oxygen administration enhances memory formation in healthy young adults](#)
    - [Bright light effects on memory, attention and concentration](#)
    - [Mack's Silicone Earplugs](#) (My Favorite!)
    - [Bose Noise Cancelling Headphones](#)
- **Quiz 9 - Is your environment and lifestyle set up for learning?**

*By now, you're already a SuperLearner, and you can read without subvocalization & memorize information with ease. From now on, your task is to learn how to apply your new skills to diverse topics, and do so for the rest of your life!*

Though not all of these lectures will appeal to every student's desires and goals, listen to them in order to understand how you can apply your superlearning skills to anything and everything. Some of the tools offered here are adaptable to many different areas.

## SECTION 10: APPLYING YOUR NEW SKILLS TO ANYTHING AND EVERYTHING

- **Lecture 57 - Misconceptions Pre-Quiz VII**
- **Lecture 58 - SuperLearning by video or audio**
  - Recommended Supplementary Materials:
    - [MySpeed by Enounce](#)
    - [YouTube HTML5 Trial](#)
    - [Stitcher for Android](#)
    - [Audible.com Audiobooks](#)
- **Lecture 59 - Tailoring the skills: Learning languages**
  - Recommended Supplementary Materials:
    - [Interview w/ Benny Lewis \(Fluent in 3 Months\)](#) - Becoming SuperHuman
    - [Interview w/ Gabriel Wyner \(Fluent Forever\)](#) - Becoming SuperHuman
    - [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 60 - Tailoring the skills: Never forget a face or a name**
- **Quiz 10 - Can you apply your new skills to things besides reading?**
- **Lecture 61 - Thank You & Congratulations**
  - [Become a Speed Demon: Hack Productivity & Automation to Have More Time](#)
  - [Branding You™: How to Build Your Multimedia Internet Empire](#)
  - [Creating a Meaningful Life & Developing Habits of Happiness](#)
  - Please share this discount link with your friends: <http://jle.vi/slshare>
- **Lecture 62 - Bonus: Upgrade to the SuperLearner MasterClass & Continue Your Journey!**
  - Click [this special link](#) to credit your purchase towards the MasterClass
    - Note: you can also use [this special link](#) or coupon code "upgrade2" to redeem the same offer on our Learning + Productivity bundle

If you've enjoyed this course and want to learn more, check out our [Master Class](#), which includes over a dozen additional lectures and advanced materials, or our [Learning + Productivity Bundle](#), which includes numerous courses, the SuperLearner book in every format, plus both the Speed Demon MasterClass & book!

*That's it! You did it! Just remember; your skills will grow and develop the more you practice them. Never stop!*

Thank you for putting in the time and the effort to take this course. If you've enjoyed it, please take one moment and write us a 5 STAR review on Udemy. These reviews are extremely important for keeping this course alive and supporting its further development, and therefore, we regularly reach out to students who leave us reviews and offer them our help, guidance, assistance, and personal attention!

**“Once you stop learning, you start dying.”**

-Albert Einstein