# External article: Lessons from 1st half of course

1. The 3 key phases of learning:
   1. **Exposure**: When you go through a lesson for the 1st time. The brain is familiarizing itself to the material rather than genuinely understanding it.
   2. **Learning and internalizing**: (Reviewing) You start to truly understand the material and develop accurate mental models.
   3. **Practice and externalizing**: Here you identify and correct minor errors in your mental models. You develop the skills to execute and clearly communicate the skills that you have learned so far.
2. 1st pass through the study material: Jot down the keywords and try to build a mental model by interconnecting them.
3. 2nd pass: A keen understanding of material followed by detailed notes.