

As you'll see below, the consensus of this bot is around an hour. Definitely shouldn't exceed 90 minutes, let alone a full hour. Something to note 😊

V2

Yes, setting time limits is essential. They are not just for scheduling; they are a key part of the methodology. A strict time limit acts as a **cognitive constraint**, forcing your brain into the specific mode required for each pass and preventing you from getting stuck.

Here are my suggested time limits for processing a single, standard unit of material (e.g., a one-hour lecture or a 10-15 page chapter).

The High-Intensity Learning Block: A 60-Minute Cycle ⏳

- **Pass 0: Orientation & Scaffolding**
 - **Time:** 3-5 minutes
 - **Goal:** To build the architectural blueprint. Using a technique like the Blur Test or the 3-Minute Thesis, this time limit is intentionally too short to allow for detail. It forces you to see only the highest-level structure and core argument.
- **Pass 1: Foundational Mapping**
 - **Time:** 15 minutes
 - **Goal:** To create the initial, clean schematic. This is a rapid extraction of the key components and their linear relationships (the flowchart, the symptom list). The pressure of the clock keeps you focused on capturing the essentials without unnecessary detail.
- **Pass 2: Deep Analysis & Stress-Testing**
 - **Time:** 25-30 minutes
 - **Goal:** To perform the deepest encoding. This is where the majority of your cognitive effort is spent. This longer block allows you to engage with the material, ask predictive questions, and model how the system behaves under stress. It's the "high-intensity" interval of your workout.
- **Pass 3: Synthesis & Assessment**
 - **Time:** 10-15 minutes
 - **Goal:** To test fluency and integrate knowledge. This pass is about **active retrieval and production**, not learning new information. The time limit tests how well you encoded the material in the previous passes. If you can't produce a coherent synthesis within this time, your Mastery Score (M_i) for that topic is low.

Putting It All Together

This structure allows you to process a standard lecture block in about **60-65 minutes**. The time limits create a rhythm that pushes you through the material with purpose, ensuring the majority of your time is spent on the high-yield, deep-encoding tasks of Pass 2 and Pass 3.

Start with this baseline and adjust as needed. If a topic is particularly dense, you might scale the entire block up by 25%. If it's a review, you might scale it down. The key is to treat the clock as your training partner, using its pressure to maintain intensity and focus.

V3

Yes, time-boxing each pass is not just a suggestion; it's critical for maintaining intensity and enforcing the cognitive shifts required at each stage. And Pass 0 is absolutely **essential**—it's the primer that prevents you from getting lost in the subsequent passes.

The guiding principle here is **Parkinson's Law**: work expands to fill the time allotted for its completion. By setting aggressive, purpose-driven time limits, you force efficiency and focused thinking.

Here is a recommended breakdown, framed within a single **60-minute "Mastery Sprint"** for one topic.

The 60-Minute Mastery Sprint

This structure is designed to take a single topic from zero to a state of initial mastery ($M_i \geq D_{min}$).

Pass 0: Priming the Brain (3 Minutes)

- **Time Limit:** 1-3 Minutes
- **Cognitive Goal:** To force a structural overview and prevent detail fixation. This time limit is intentionally too short to do anything *but* see the big picture using methods like the Blur Test or the Architect's Blueprint. It's a non-negotiable warm-up for your brain.

Pass 1: Building the Scaffold (12 Minutes)

- **Time Limit:** 10-15 Minutes
- **Cognitive Goal:** To rapidly construct the foundational blueprint. For a mechanistic pass, this is creating the core flowchart. For a disease pass, it's building the symptom correlation map. The tight limit forces you to identify and capture only the most critical components, creating a clean and simple structure to build upon.

Pass 2: The Deep Dive (25 Minutes)

- **Time Limit:** 20-25 Minutes
- **Cognitive Goal:** To engage in high-effort, elaborative encoding. This is the heart of the sprint, where you perform the "System Stress-Test" or the "Differential Diagnosis Deep Dive." This pass gets the largest time allocation because it involves the most complex thinking—moving from static knowledge to a dynamic, predictive model.

Pass 3: Synthesis & Assessment (15 Minutes)

- **Time Limit:** 10-15 Minutes
- **Cognitive Goal:** To test the newly formed schema through active, integrated recall. Generating the clinical vignette forces you to retrieve, connect, and apply information from a new starting point. The time pressure here tests the fluency and stability of your understanding. This is where you generate your Mastery Score (M_i).

Post-Sprint: Self-Correction (5 Minutes)

- **Time Limit:** 5 Minutes
- **Cognitive Goal:** Metacognition and planning. Quickly review your Pass 3 output. What was difficult to recall? Where did your explanation fall apart? Assign a confidence-based M_i score to the topic and note your weak points. This data then feeds back into your Mastery Optimization Function (MOF), informing which topic you should tackle next.

This 60-minute block is a template. A very complex topic might require a 90-minute sprint (e.g., 5-20-40-20-5). The key is to maintain the **ratios** and use the clock as a tool to force the necessary cognitive transitions at each stage.