Learn Faster with the Feynman Technique

"If you can't explain it simply, you don't understand it well enough."
        –Albert Einstein

Or, i**f you want to understand something well, try to explain it simply.** By attempting to explain a concept in simple terms, you'll quickly see where you have a good understanding of that concept. You'll *also* be able to **instantly pinpoint your problem areas,** because they'll be the areas where you either get stuck or where you end up resorting to using complex language and terminology. This is the idea behind the **Feynman Technique.**

Step 1 – Orient & Set a Goal

Identify some of the hardest or most important concepts you want to learn. Write the name of the concept at the top of a blank piece of paper.

Step 2 – Practice Recall

Write down an explanation of the concept in your own words; be as thorough as possible and write down everything you remember in plain language. Pretend you are teaching it to someone else (ex: a new student). Challenge yourself to work through an example or two as well.
_____ Draw a line after this step. _____

Step 3 – Build Metacognition

Review what you have remembered and pinpoint where your explanation is shaky, weak, or has gaps; ie, **what you DON'T know**. Go back to the source material, re-read, and re-learn it. Below the line (*maybe in a different color*), add to or annotate your summary with the missing information.

Step 4 – Simplify (optional)

If you are using overly wordy or confusing language (or simply paraphrasing the source material) try again so you filter the content into your own words. Simplify your language, and where possible use simple analogy. Make sure you're explaining it in a way that someone without your background knowledge would be able to understand.

Consolidate Learning – repeat steps 1-3 hours &/or days apart to maximize recall and retention.