

Hey, everyone,

This week we're going to talk about how to upgrade your ability to learn and retain new information.

Learning is something we do practically every day, yet rarely do we pay attention to how we learn, and how to learn more effectively. Most of us just continue to use the habits for learning that we acquired when we were in school, without giving them a second thought.

It turns out that the way most of us have been taught and go about learning is wrong. Much of what we take as gospel in terms of how to study and learn has been proven to be false and just leads to wasted effort and frustration. And yet, despite the decades of recent research that have provided new insights into effective, evidence-based strategies for learning, most institutions are stuck in the old paradigm. This is particularly true with medical schools and medical education.

Before I even started developing the curriculum of this course, I spent three to four months just learning about how we learn. I read several books and studies in the field and talked to educators who have modeled their courses on this recent evidence. Then I took those lessons and applied them to how I structured this training and will deliver the material to you.

I'll be talking about this in more detail in the full course, but I'd like to at least give you three key principles of effective learning in this video. And in the additional material for this week, I've provided tools and tips on everything from how to research a topic, to how to catalogue your research, to learning and memory techniques, to speed reading. Honing all of these skills will dramatically improve what you're able to learn and retain from not only the full ADAPT training program, but from any other new information or skill that you want to acquire.

The first principle is that re-reading of text or material over and over again is not effective—despite being the way we were taught to study. Cramming for exams is the best example of this. It can work insofar as it enables you to pass the test, but you have little chance of retaining that material over the long term. Cramming is like binge-eating; a lot goes in, but most of it comes right back out in short order! I'm sure most of you have had this experience.

Retrieval practice is a much more effective way to learn than re-reading. This means retrieving facts or concepts from memory—as you would by using flashcards, for example. Research shows that retrieval strengthens memory and interrupts forgetting. This is why I've included low-stakes quizzes at the end of each unit throughout the full course. The quizzes are not to punish you or even test your knowledge; they are to help you learn and retain the material. Studies have shown that students who are quizzed or quiz themselves retain 50 percent more information than those who just re-read and highlight.

The second principle is that learning is deeper and more effective when it requires effort. Learning that's easy is like writing in the sand—here today, gone tomorrow. This is why I've included periodic homework and assignments throughout the course, and will do that again in the full course. These

will invite you to grapple with the material you are learning and apply it in a meaningful way, which in turn makes it far more likely that you will remember it.

The third principle is that we learn best with varied learning styles. One of the biggest myths in the world of learning is that we learn better when we receive information in a form consistent with our preferred learning style. For example, you might hear an auditory learner say that they learn much better listening to things than reading. Turns out this isn't supported by empirical research. People in fact learn in multiple ways, and the best approach is to draw on all of these methods rather than limit yourself to your preferred style. To this end, I provide content in a number of different formats, from slideshows, to video, to audio, to transcripts and written handouts, to live webinars and Q&As.

I hope this will be as helpful for you as it was for me when I originally learned these principles. Again, I'll be going into more detail on how to apply them during the full course, but in the meantime if you'd like to learn more, I recommend the book *Make It Stick* by Peter Brown, Henry Roediger, and Mark McDaniel.

Okay, that's it for now. See you next time.