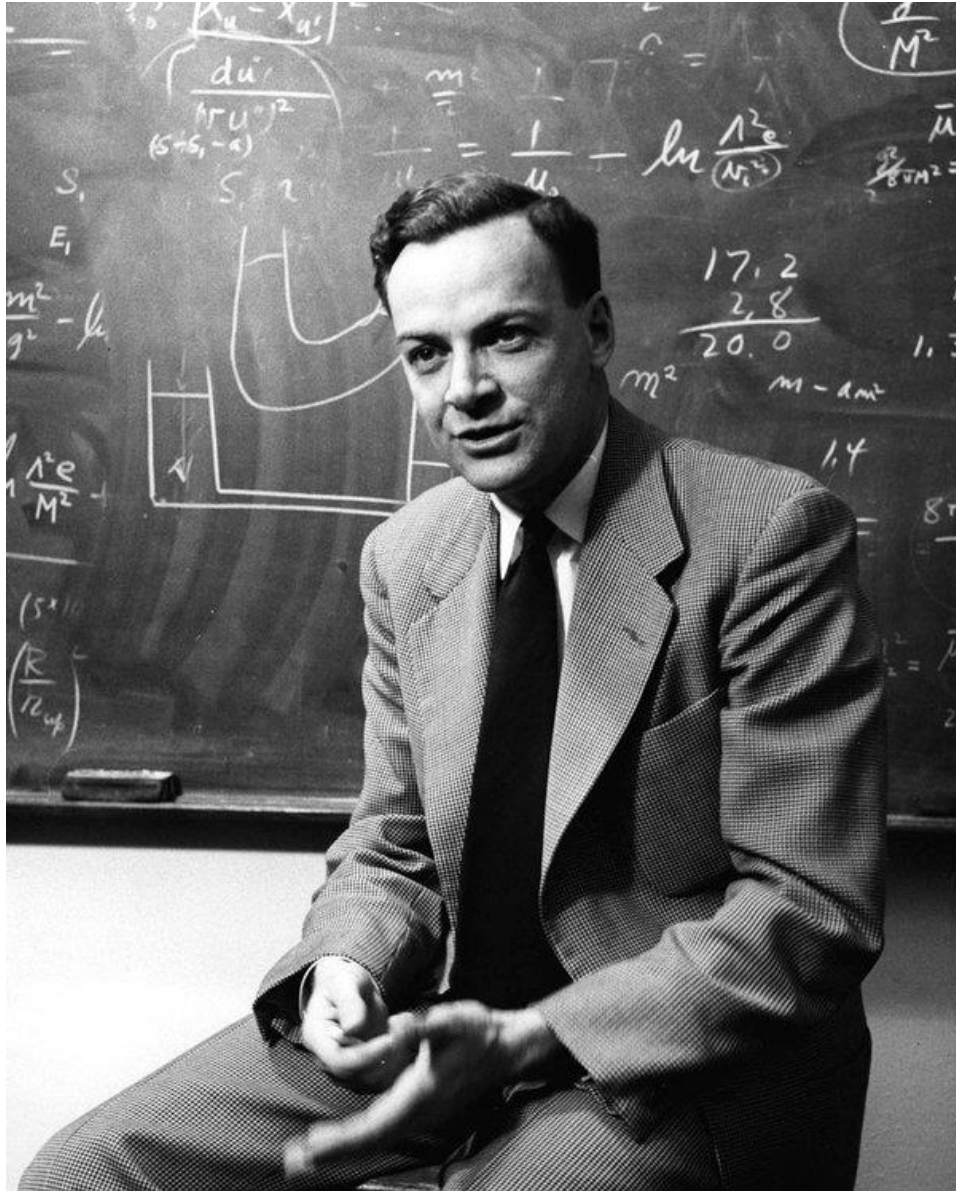


Thinking Hard:

- We know that our memory requires work.
- All of the evidence shows that completing study skills tasks that are “just right” with cognitive effort make the difference.
- This requires some hard thinking. So the next sequence of study skills sessions is going to focus on effective study tasks.
- Come to each session with something that you need to embed into your memory!



Using the Feynman technique as an effective independent learning tool

LOs:

- To identify the difference between knowledge and understanding.
- To understand what the Feynman technique.
- To practice the Feynman technique and reflect on how it can be used as a study tool.



Knowledge = facts and information that we have learnt about something.

Understanding = to appreciate the meaning of something and have a clear or complete comprehension of it.

THE FEYNMAN TECHNIQUE



Richard Feynman
(American Physicist)

STEP 1 - Pick and study
a topic



STEP 2 - Explain the topic to
someone, like a child,
who is unfamiliar with
the topic... and at their
level of understanding.
Use simple language.



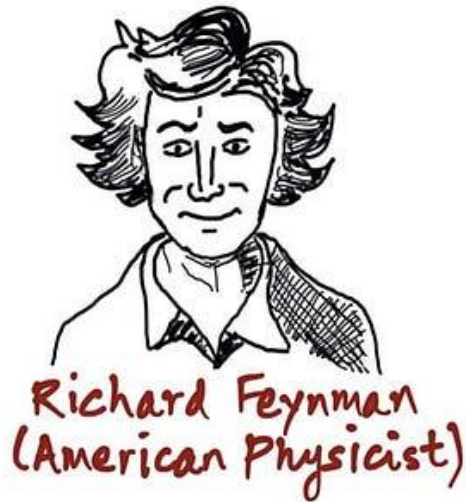
STEP 3 - Identify any gaps in
your understanding



STEP 4 - Return to the literature
to understand better



THE FEYNMAN TECHNIQUE



STEP 1 - Pick and study a topic

STEP 2 - Explain the topic to someone, like a child, who is unfamiliar with the topic... and at their level of understanding. Use simple language.

STEP 3 - Identify any gaps in your understanding

STEP 4 - Return to the literature to understand better

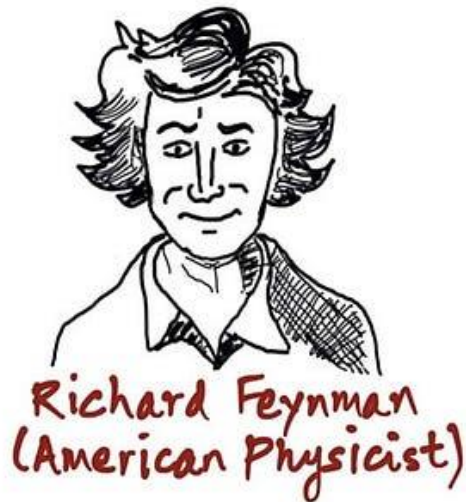
vishal@safalniveshak.com

- Pick a **subject** that you study.
- Then pick a **concept/issue** that you have learnt recently within this subject.
- For the next minute, prepare to explain this concept or issue to your partner.
- Partner A - Explain it to Partner B as clearly as you can. You have **one minute**.

Review – 30 seconds

- Partner As: How well do you think you explained your concept? What went well? What do you need to do to improve?
- Partner Bs: In 30 seconds time you will explain what your partner has just taught you. I will select two of you to explain what Partner A just taught you.
- Feedback.

THE FEYNMAN TECHNIQUE



STEP 1 - Pick and study a topic

STEP 2 - Explain the topic to someone, like a child, who is unfamiliar with the topic... and at their level of understanding. Use simple language.

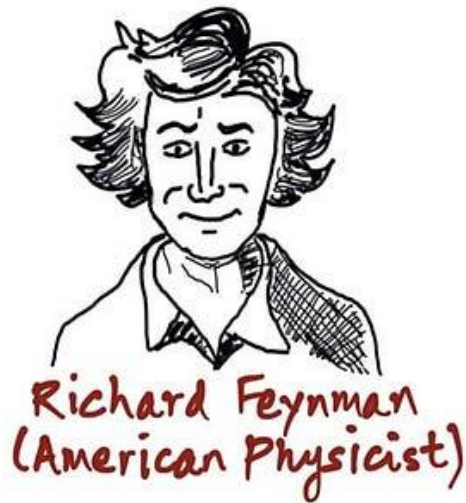
STEP 3 - Identify any gaps in your understanding

STEP 4 - Return to the literature to understand better

vishal@safalniveshak.com

- Partner B: For the next minute, prepare to explain this concept or issue to your partner.
- Partner A: write down the things that you were unclear about / that you couldn't explain so that you know to revisit this soon.

THE FEYNMAN TECHNIQUE



STEP 1 - Pick and study a topic

STEP 2 - Explain the topic to someone, like a child, who is unfamiliar with the topic... and at their level of understanding. Use simple language.

STEP 3 - Identify any gaps in your understanding

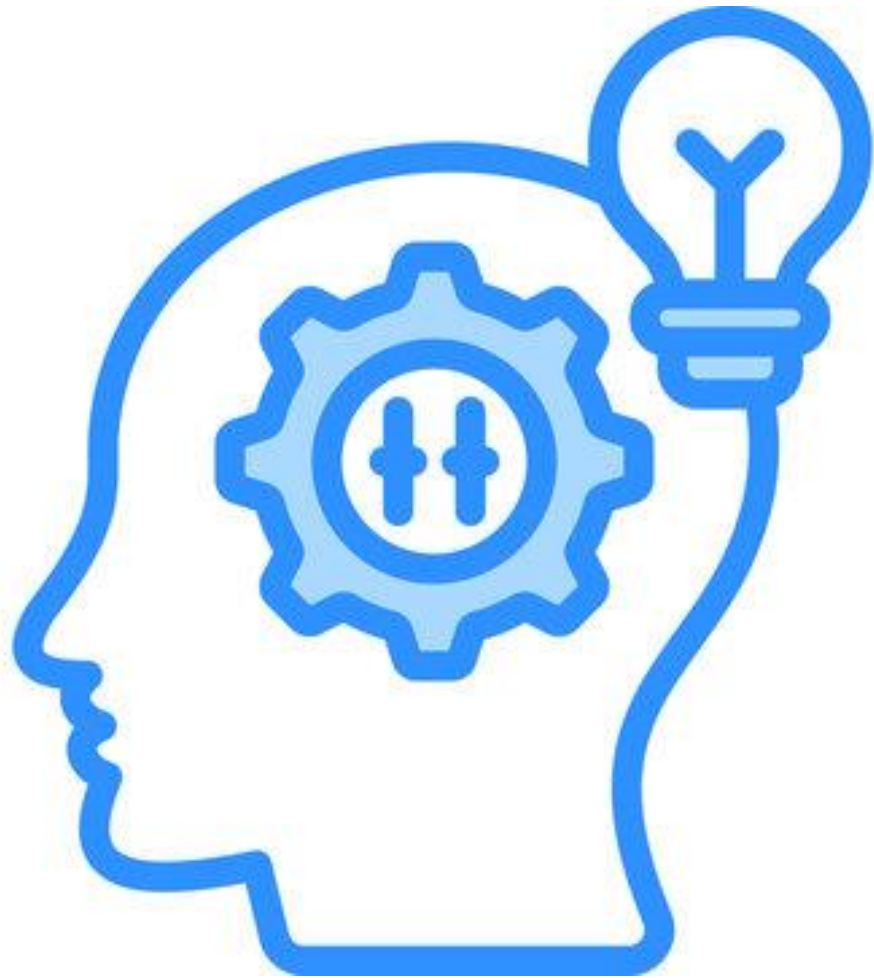
STEP 4 - Return to the literature to understand better

vishal@safalniveshak.com

- Partner B: Explain your concept to your partner as clearly as you can.

Review – 30 seconds

- Partner Bs: How well do you think you explained your concept? What went well? What do you need to do to improve?
- Partner As: In 30 seconds time you will explain what your partner has just taught you. I will select two of you to explain what Partner A just taught you.
- Feedback.

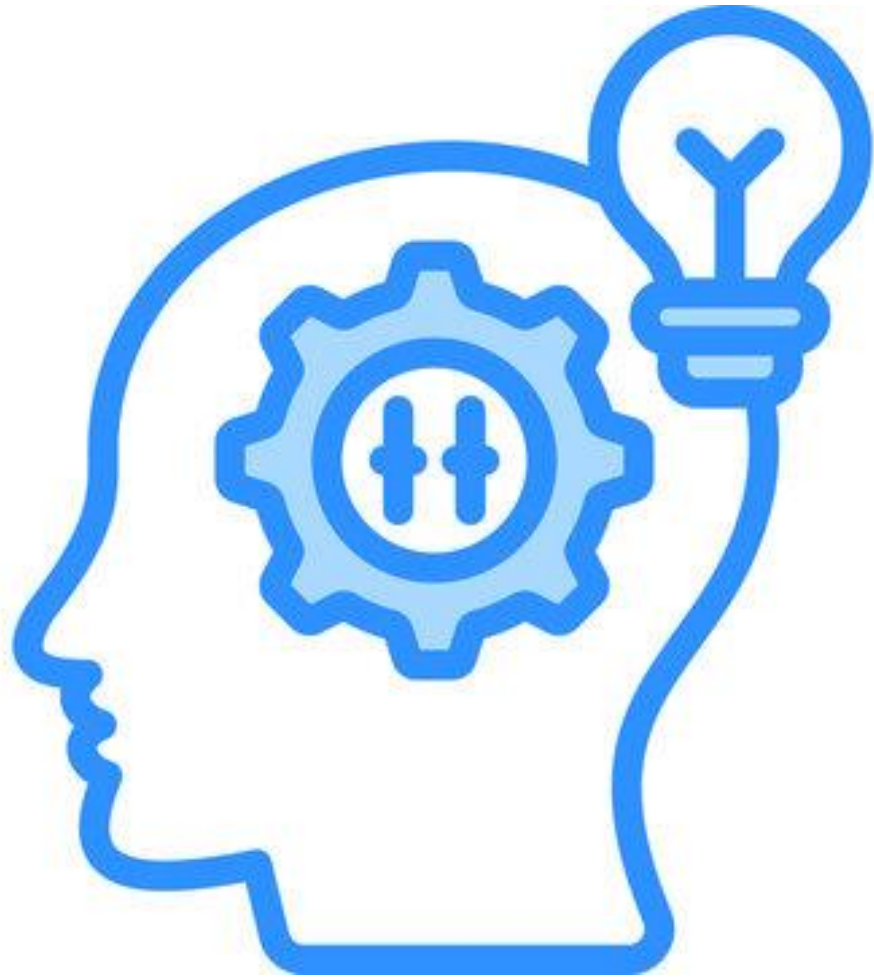


Reflection:

- 1) What is this technique making you do as a student?
- 2) What was challenging about it?
- 3) Why might this be a useful technique regardless of the subjects you are studying?
- 4) Why might this technique be more effective than purely flash carding or condensing notes?

Why use this technique?

- The Feynman Technique requires you to test yourself – this is challenging.
- Challenging ourselves has a significant impact on our long-term memory.
- Success = proof that we understand and can utilise what we have learnt.
- Failure = proof that we need to address the issues – **useful knowledge to have so that we are exam ready. It is a diagnostic technique.**



Adaptations:

- Condensed summary paragraphs and review against your notes or PLC/Specs.
- Practice speaking out loud – if you cannot say it, you don't understand it!
- Collaborative group study where you're sharing expertise on an issue.
- Give it a go!