



**SUPERHUMAN
ACADEMY**

**BECOME A SUPERLEARNER® 2:
LEARN SPEED READING & BOOST MEMORY**

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COURSE SYLLABUS

Updated July 2023

IMPORTANT:

Please save this document so you can easily access the links in each lecture.

You can also easily download and add a bookmarks folder in your browser which includes all the links.

COURSE TIMELINE

WEEK 1

- Introduction & Setting Yourself Up For Success
- Understanding Your Memory (So That You Can Improve It!)

WEEKS 2 - 3

- The Incredible Power Of Visual Memory
- Mental Markers: Visual Memory Meets Learning

WEEK 4

- Systems For Creating & Maintaining Long Term Memories

WEEK 5

- Pre-reading And Preparation

WEEKS 6 - 7

- Read With Your Eyes, Not With Your Inner Voice

WEEK 8

- Let's Speed Things Up!

WEEK 9

- Good Learning Habits

WEEK 10 AND BEYOND — NEVER QUIT!

- Applying Your New Skills To Anything and Everything

“HOW LONG UNTIL I WILL BE ABLE TO....?”

Students love to ask these types of questions, and the answer is always: “*it depends.*”

This outline serves as a rough timeline that will apply to the average student. The Daily Training Log will give you more specific day-by-day exercises and tell you where you should be. However, every student arrives to the course with different levels of training, different learning challenges, and different bad habits. For this reason, different exercises and milestones will take longer for different people.

In each step, we try to provide an indication as to when you’ll know it’s time move on, and a suggestion along the side of the syllabus as to *roughly* where you should be week after week. Follow along with the Daily Training Log to help map out what you should be doing on every single day. Use your judgement, be a responsible student, and if you feel you aren’t doing well at a particular game or exercise, spend more time on it, rather than forcing yourself to move on. None of these guidelines are set in stone, and you know best when you feel ready.

You could complete the course in the recommended 10 weeks, or you could take your time and spend half a year on it, but generally speaking:

- You should be able to do some very cool memory tricks in 3 weeks
- You will have some incredibly powerful memory skills that you can apply to anything in 4 weeks
- You’ll be speed reading with fairly high comprehension at the end of 7 weeks
- Finally, you’ll be a certified SuperLearner in around 10 weeks

It’s all up to you, where you’re starting from, and the amount of work you put in, but above all...

REMEMBER: LEARNING IS NOT A SPECTATOR SPORT!

In the first part of Week 1, we get acquainted, brief you on how things will work, and do some important “prep” work to make sure you are set up to succeed in the course. Then, we waste no time, diving deep into the first and most important part of superlearning ability: understanding and improving your memory.

SECTION 1: INTRODUCTION & SETTING YOURSELF UP FOR SUCCESS

Lecture 1 - About Us: How This Course Came To Be

- Recommended Supplementary Materials
 - [Become a SuperLearner Facebook Group](#) - Join the Conversation!
 - [SuperHuman Academy Facebook Fan Page](#) - Show Your Support!
 - [The SuperHuman Academy Podcast](#) - Spinoff Blog & Podcast w/ Educational Interviews
 - [Key To Study Blog](#) Spinoff Blog by Dr. Lev - Advanced topics, exercises, & more!

Lecture 2 - Downloading The Course Resources & How To Succeed

- **Quick Download: The PDF Syllabus & HTML Bookmarks File**
 - Homework:
 - Download the PDF Syllabus, skim through it, & save it somewhere handy
 - Download the HTML Bookmarks file
 - Suggested: Schedule **20-30 minutes a day** for the next 9 weeks

Lecture 3 - Progressive Overload & What To Do If You Get Frustrate

- Recommended Supplementary Materials
 - [Progressive Overload: Wikipedia](#)
 - [The Pomodoro Technique](#)
 - [Avoiding Headaches](#)
- Motivational Materials
 - [What if Schools Taught Us How to Learn? TED Talk by Jonathan Levi!](#)
 - [An Interview w/ Memory Champ Nelson Dellis](#) - Becoming SuperHuman
 - [TEDx - Benny Lewis - Fluent in Three Months - Rapid Language Hacking](#)
 - [Teen Speaks Over 20 Languages](#)
 - [How to become a Memory Master: Idriz Zogaj at TEDxGoteborg](#)
 - [Tim Ferriss: Smash fear, learn anything | Video on TED.com](#)
 - [The Art of Learning: An Inner Journey to Optimal Performance](#)

Lecture 4 - DOWNLOAD: Personal Goals & Progress Worksheet

- Homework: Begin the [Personal Goals & Progress Worksheet](#) & post it publicly near your desk

Lecture 5 - DOWNLOAD: Diagnostic Worksheet #1: Establish A Baseline Reading Speed And Retention

- Homework: Complete the [Diagnostic Worksheet #1](#) & save your results

Quiz 1 - Are We On The Same Page And Ready To Learn Together?

SECTION 2: UNDERSTANDING YOUR MEMORY (SO THAT YOU CAN IMPROVE IT!)
**Lecture 6 - Misconceptions Pre-Quiz I****Lecture 7 - Why We Need To Improve Our Memory First****Lecture 8 - How We Store Information: A Very Brief Explanation**

- Recommended Supplementary Materials
 - [How Your Brain Works](#)
 - [The Ageing Brain: Neuroplasticity and the Ageing Brain](#)
 - [Malcolm Knowles, Informal adult education, self-direction and andragogy](#)
 - [Short Term Memory](#)
 - [What Your Working Memory Does \(and how to give it a tune up\)](#)
 - [What are the differences between long term, short term, & working memory?](#)
 - [What is the memory capacity of the human brain?](#)
 - [Peter Doolittle – How your “working memory” makes sense of the world](#)

Lecture 9 - The Importance Of Combining Games With Real Life Application**Lecture 10 - Chunking: Navigating The Brain's Natural Limitations**

- Recommended Supplementary Materials
 - [The Magical Number, 7±2](#)
 - [Improve Your Memory with The Chunking Technique](#)
 - [Chunking \(psychology\)](#)

Lecture 11 - Demonstration: Chunking

- Homework: Advanced: Try the [Random Words Level 2 Generator](#) using only chunking

Lecture 12 - DOWNLOAD: Chunking Worksheet

Homework: Complete the [Chunking Worksheet](#)

Lecture 13 - Dual Coding & 'Brute Force' Learning

- Recommended Supplementary Materials
 - [Working Memory & Dual coding](#)
 - [Dual coding explained](#)

Quiz 2 - How Much Do We Understand About Our Memory?

With the first week over, you should have a firm understanding of how memory works, and a good idea of what is required to dramatically improve it. Though it may feel like you can't actually use any new skills yet, next week you'll have a "Karate Kid" moment, where you learn how to use this seemingly useless knowledge to do amazing things!

In weeks 2 & 3, we'll dive into the "meat" of the course - visual memory & markers. We'll learn how to apply the picture superiority effect to learning, and do extensive exercises and practice to develop this all-important skill in your superlearning toolkit. This foundational skill is hugely critical, so it's best to take your time and master it. It's our opinion that 60-70% of the value of this course lies in the memory techniques, so don't neglect it or rush to get to speed reading!

SECTION 3: THE INCREDIBLE POWER OF VISUAL MEMORY

Lecture 14 - Misconceptions Pre-Quiz II

Lecture 15 - Why Images Are The Most Powerful Way To Remember & Learn

- Recommended Supplementary Materials
 - [An Interview with Harry Lorayne, the Godfather of Modern Mnemonics!](#)
 - [Joshua Foer: Feats of memory anyone can do | Video on TED.com](#)
 - [How to Train Your Brain and Boost Your Memory Like a Memory Cham](#)
 - [Moonwalking with Einstein, The Art and Science of Remembering](#)
 - [Picture superiority effect](#)
 - [The art of memory: Daniel Kilov at TEDxMacquarieUniver](#)
 - [Podcast Interview with Your 3 Instructors](#) (Recommended)

Lecture 16 - When & Why Creativity Training May Be Necessary

- Homework: [Creative Huddle - The Alternative Uses Test](#)

Lecture 17 - What Types Of Images Come Naturally To You?

Quiz 3 - Do We Understand How Visual Memory Works?

SECTION 4: MENTAL MARKERS: VISUAL MEMORY MEETS LEARNING

Lecture 18 - How Do We Apply Visual Memory To Reading?

Lecture 19 - Demonstration: Visualization Of Words And Concepts From Text

Lecture 20 - Creating Effective Markers For Better Memory

- Homework: (ok to continue lectures)
 - [The Short Term Memory Checker](#): 5m/day till you beat Lvl. Max
 - [The Random Images Generator](#): 10m/day till you're comfortable
 - Check out this [Tag Cloud Generator](#) - it can help you choose markers!

Lecture 21 - Logical & Creative Markers

Lecture 22 - Trying Out Your New Skills

- Homework: (ok to continue lectures, but consider pausing 2 days to practice)
 - Practice [creating visual markers](#) for 5m/day until you feel comfortable
 - Habituate using markers for everyday tasks (meeting people, etc)

Lecture 23 - Linking & Chunking Markers For Better Retention

Lecture 24 - Demonstration: Putting It All Together With Random Facts

Lecture 25 - Demonstration: Putting It All Together With Written Texts

- Homework
 - Practice [Random Words Level 1](#) for 15m/day until you feel comfortable
 - Practice linking & memorizing words 10m/day w/ the [Random Words Level 2 Generator](#)

Quiz 4 - How Well Do We Understand Markers?

Generally, students train on these exercises for two weeks, and continue to practice them even as they move on to Weeks 4+. Should you move on? Well, as long as you continue doing the homework, no problem! When you can easily create visual markers for anything, and you have no problem remembering new information, you can stop practicing the games above and focus on the homework for weeks 4-5.

This week, we'll put it all together by unlocking the world's most powerful memory techniques, study habits, and strategies. All this will prepare you to store the huge amounts of information you'll soon be capable of absorbing via speed reading using orderly, effective systems for long term memory.

While in the past, this section came after the speed reading sections of the course, we eventually decided that it was too important to be left till the end. Please pay special attention to the Memory Palace and Number Memorization Systems lectures, as they will reveal the techniques used by every single memory champion and world record holder to achieve incredible feats of memory.

SECTION 5: SYSTEMS FOR CREATING & MAINTAINING LONG TERM MEMORIES

Lecture 26 - Misconceptions Pre-Quiz III

Lecture 27 - Using Spaced Repetition To Help Us Maintain Memories

- Recommended Supplementary Materials
 - [The Leitner System](#)
 - [Download and configure Anki](#) (It's a must!)
 - [An Interview with Peter C. Brown, Author of "Make It Stick"](#)
 - [An Interview with Ron White, 2X USA Memory Champion](#)

Lecture 28 - Mind Mapping

- Recommended Supplementary Materials
 - [FreeMind Mind-Mapping Software](#) or [MindMeister \(Cross-Platform\)](#)
 - [MindNode for iPhone and iPad](#) or [SimpleMind for Android](#)
 - [Draw.io](#) (free & powerful)
 - [Mind Mapping for Beginners | Udemy](#)
 - [Learn the Skill of Effective Mind Mapping | Udemy](#)

Lecture 29 - Memory Palaces

- Recommended Supplementary Materials
 - [Anthony Metivier Interview: How to Remember Everything](#)
 - [Moonwalking with Einstein, The Art and Science of Remembering](#)
 - [Dramatically Improve Your Memory with a Memory Palace](#)
 - [Free video series by memory expert Anthony Metivier - Recommended!](#)
 - [List of Anthony Metivier's Books](#) (eBook and Paperback available)
- Homework:
 - [Memory Palace Science: How The Memory Palace Technique Actually Works](#)
 - Create your first memory palace and fill it with your to-do or Grocery list

Lecture 30 - Number Memorization Systems

- Recommended Supplementary Materials
 - [Remember Any Number With the Major Memory System](#)
 - [How to Train Your Brain and Boost Your Memory Like a Memory Champ](#)
 - [Major Method Generator](#) (great for practice)

Quiz 5 - Do You Know How To Maintain Your Memories Long Term?

At the conclusion of this week, you should have some experience playing around with Memory Palaces (hopefully you've built one of your own), Mind Maps (ditto), Major Method, and Spaced Repetition Systems like Anki. By combining visual markers & memory with these powerful tools, you've already increased your memory and learning capacity by a factor of 5. Now, you're ready to start applying your skills to reading and speed-reading!

While you might be eager to begin learning to speed read, there's just one more step; pre-reading - and it's a big one. Pre-reading alone will offer you many of the benefits you're probably looking forward to gaining from speed reading. In Week 4, we will learn about pre-reading, why it's important, and how to do it properly. This means that you'll finally start reaping some of the benefits of SuperLearning in your daily life. Homework is intentionally light this week, to allow you to tie up any loose ends or difficulties with the homework from weeks 2-4.

SECTION 6: PRE-READING AND PREPARATION

Lecture 31 - Misconceptions Pre-Quiz IV

Lecture 32 - Introducing the SQ3R System

- Recommended Supplementary Materials
 - [SQ3R System](#)

Lecture 33 - Pre-read Before You Read

Lecture 34 - Creating Burning Interest: Perspectives, Prior Knowledge, & W/H Questions

- Homework: (ok to continue lectures, but keep practicing markers)
 - Pre-read any material you read. Practice creating questions & curiosity
 - Continue practicing games from Week 2
- Recommended Supplementary Materials
 - [Creativity & Perspectives](#)

Lecture 35 - Demonstration: Pre-reading

Quiz 6: Are We All Clear On Pre-reading?

This week was a light week, because we know you are likely still sharpening your skills on the games from weeks 2 & 3, and possibly still adjusting to the systems taught in Week 4. Week 6 will introduce a lot of new homework and daily exercises, which means that you'll have a lot of daily work to do if you don't master the Week 2-4 exercises before then. Use this light week to make sure you're ready for the more challenging part of the course next week: speed reading!

With both markers and pre-reading now firmly ingrained in our skill set, we are finally ready to dive into speed reading. This can be challenging for some, so we take it step-by-step and gradually ease into it over the course of 2 weeks. As always, it's important to be responsible with all of your homework, and to rely on the SuperLearner community if you get stuck!

SECTION 7: READ WITH YOUR EYES, NOT WITH YOUR INNER VOICE

Lecture 36 - How To Properly Test Your Comprehension Without Fooling Yourself

Lecture 37 - DOWNLOAD: Diagnostic Worksheet #2: Establish A New Reading Speed And Retention

- Homework: Complete the [Diagnostic Worksheet #2](#) & save your results

Lecture 38 - Misconceptions Pre-Quiz V

Lecture 39 - How Most People Read: Subvocalization

- Recommended Supplementary Materials
 - [It takes just 13 milliseconds to recognize an image, scientists discover](#)

Lecture 40 - Saccades: Using Your Eyes As Effectively As Possible

- Homework: (ok to continue lectures, but don't brush over homework or forget it)
 - [Camera Mind Game](#): 5-10m/day, alongside others, till level 20

Lecture 41 - Improving Your Eye Span: Wider Saccades

- Homework: (ok to continue lectures, but don't neglect these exercises)
 - [Schultz Table Exercises](#): 10m/day. This can replace the 10m/day you're spending on Short Term Memory Checker only if you've seen improvement
 - [Advanced Schultz Table Exercises](#): Replace the exercise above with this one only when the standard exercises become easy for you. (10m/day)

Lecture 42 - Using Saccades Across Various Devices And Media

- Recommended Supplementary Materials
 - [Chrome Web Store](#)
 - [Pocket](#)
 - [Instapaper](#)

Lecture 43 - Final Thoughts On Saccades

- Homework:
 - [Level 2 Short Term Memory Game](#): Replace Camera Mind
 - Check out [this article](#) to better understand proper saccade width

Lecture 44 - Demonstration: Saccades In Action

- Recommended Supplementary Materials
 - [Multicolumn saccade formatter](#)

Quiz 7 - Do We Understand How Speed Reading Works?

Weeks 6 & 7 introduced a lot of new games and even more new skills. This stuff is challenging! Plus, you may still be perfecting the skills you learned in Weeks 2 & 3. This is why we spaced it out over the course of 2 weeks. You could have done it quicker, but to avoid frustration, it's better that you did not. Furthermore, your homework in Week 5 won't be too time consuming, so that you can remain focused on the games, skills, and exercises you've learned so far. In essence, it's OK to move on if you're still not very confident at sight reading; it's a gradual journey, and we will give you more techniques and exercises to improve your skills in week 8.

You may still be struggling with comprehension while speed reading, and that's ok. As we'll remind you in this section, we are using the "Progressive Overload" training methodology, which means some hard work and soreness is expected! In Week 8, we will help you read faster and faster, while gradually increasing your comprehension and marker-creation proportionally.

SECTION 8: LET'S SPEED THINGS UP!

Lecture 45 - Speed Training With A Card

Lecture 46 - Progressive Overload Revisited: Training At The Speed You Wish To Read

- Homework: (continue only if you've been diligent with past exercises & improved)
 - [Spreader software](#): Try it out, but don't neglect normal reading
 - [Sliding Word utility](#) - a little bit more versatile than Spreader
 - [Acceleread for iOS](#)
- Recommended Supplementary Materials
 - [Free Speed Reading Test](#): You can try one of these to measure progress

Lecture 47 - Speed Tip: Tricking Your Brain Into Speeding Up

- Homework: Practice this speed tip

Lecture 48 - Managing Pauses To Create Markers While Speed Reading

- Homework: Practice creating markers at speed by reading any text

Lecture 49 - A Discussion Of Marker Density

Lecture 50 - Demonstration: Creating Markers While Speed Reading

Lecture 51 - Text Structure And Marker Hierarchy

Lecture 52 - Training Going Forward & What To Do If You Backslide

- Homework: Practice everything you've learned so far until you have it down!

Lecture 53 - DOWNLOAD: Diagnostic Worksheet #3: Establish An "After" Reading Speed And Retention

- Homework: Complete the [Diagnostic Worksheet #3](#) & save your results

Quiz 8 - Do we fully understand speed reading?

After Week 8, you have the knowledge to continue training on your own. If you're not fully able to speed-read yet, don't worry - it comes with time and can be challenging for some students. Keep practicing, don't get discouraged, and check out the Facebook group for support from your peers! You'll get it. And once you feel comfortable, you should complete the third diagnostic worksheet and share your results in the Facebook group!

As long as you keep practicing, you should continue to the next sections. As you become more proficient in speed reading, you'll want to apply tweaks to further enhance your learning efficiency - and that's what the next section is all about.

Becoming a SuperLearner is about more than tricks and techniques - it's also a way of life. In this section, we learn how to design your learning environment, regimen, and life in a way that's conducive to optimal learning.

SECTION 9: GOOD LEARNING HABITS

Lecture 54 - Misconceptions Pre-Quiz VI

Lecture 55 - Sleeping And Learning: Why Sleep Is So Crucial

- Recommended Supplementary Materials
 - [How to Supercharge Your Sleep: Nick Littlehales, Elite Sleep Coach](#)
 - [Dr. Kirk Parsley on How to Improve Your Sleep Quality](#)
 - [Sleep Drives Metabolite Clearance from the Adult Brain](#)
 - [Russell Foster: Why do we sleep?](#)
 - [Effect of caffeine on memory - Wikipedia](#)
 - [How Long to Nap for the Biggest Brain Benefits](#)
 - [Sleep Hacking: Have More Energy, Spend Less Time in Bed by Scott Britton](#)

Lecture 56 - The Proper Learning Environment

- Recommended Supplementary Materials
 - [Lighting affects students' concentration positively](#)
 - [Studies Show Glucose and Oxygen Help Brain](#)
 - [Improving on the \\$22 IKEA Desk](#)
 - [Why Sitting is Killing You](#)
 - [Oxygen administration enhances memory formation in healthy young adults](#)
 - [Bright light effects on memory, attention and concentration](#)
 - [Mack's Silicone Earplugs \(My Favorite!\)](#)
 - [Bose Noise Cancelling Headphones](#)

Quiz 9 - Is Your Environment And Lifestyle Set Up For Learning?

By now, you're already a SuperLearner, and you can read without subvocalization & memorize information with ease. From now on, your task is to learn how to apply your new skills to diverse topics, and do so for the rest of your life!

Though not all of these lectures will appeal to every student's desires and goals, listen to them in order to understand how you can apply your superlearning skills to anything and everything. Some of the tools offered here are adaptable to many different areas.

SECTION 10: APPLYING YOUR NEW SKILLS TO ANYTHING AND EVERYTHING

Lecture 57 - Misconceptions Pre-Quiz VII

Lecture 58 - Superlearning By Video Or Audio

- Recommended Supplementary Materials
 - [MySpeed by Enounce](#)
 - [Stitcher for Android](#)
 - [Audible.com Audiobooks](#)

Lecture 59 - Tailoring The Skills: Learning Languages

- Recommended Supplementary Materials
 - [Interview w/ Benny Lewis \(Fluent in 3 Months\)](#) - Becoming SuperHuman
 - [Learn the vocabulary of any language | Udemy](#)
 - [Fluent in 3 Months Blog](#)
 - [Learn a language fast and efficiently - The Tower of Babelfish](#)
 - [Anki: What it is, how to use it \(to learn a language\)](#)

Lecture 60 - Tailoring The Skills: Never Forget A Face Or A Name

- Recommended Supplementary Materials
 - [The Absolute BEST Way To Remember Names & Faces](#) (Jonathan's YouTube)

Lecture 61 - How To Learn Faster Using Proper Preparation Techniques

Quiz #10: Can You Apply Your New Skills To Things Besides Reading?

Lecture 62 - How To Completely Automate Spaced Repetition From Your Books

Lecture 63 - Thank You & Congratulations!

That's it! You did it!
*Just remember; your skills will grow and develop the more
you practice them.*
Never stop!

“Once you stop learning, you start dying.”

— Albert Einstein