# Bookmarks

**Become a SuperLearner - Version 2.0**

## Lecture 1 - About Us and how this course came to be

[Become a SuperLearner Facebook Group](#)
[SuperHuman Community](#)
[KeyToStudy Blog](#)
[SuperHuman Academy PodCourse](#)

## Lecture 3 - Progressive overload and what to do if you get frustrated

[Progressive Overload: Wikipedia](#)
[The Pomodoro Technique](#)
[Avoiding Headaches](#)
[What if Schools Taught Us How to Learn?](#)
[An Interview w/ Memory Champ Nelson Dellis](#)
[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 8 - How we store information: a very brief explanation

[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, and working memory?](#)
[What is the memory capacity of the human brain?](#)
[Peter Doolittle &ndash; How your working memory makes sense of the world](#)

## Lecture 10 - Chunking: Navigating the brain&rsquo;s natural limitations

[The Magical Number, 7 Plus or Minus 2](#)
[Improve Your Memory with The Chunking Technique](#)
[Chunking (psychology)](#)

## Lecture 11 - Demonstration: Chunking

[Random Words Level 2 Generator](#)

## Lecture 13 - Dual coding and "brute force" learning

[Working Memory and Dual coding](#)
[Dual coding explained](#)

## Lecture 15 - Why images are the most powerful way to remember and learn

[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](#)

## Lecture 16 - When and why creativity training may be necessary

[Creativity 101: The Power of multiple perspectives](#)

## Lecture 20 - Creating effective markers for better memory

[The Short Term Memory Checker](#)
[The Random Images Generator](#)
[Tag Cloud Generator](#)

## Lecture 22 - Trying out your new skills

[Creating Visual Markers](#)

## Lecture 25 - Demonstration: Putting it all together with written texts

[Random Words Level 1](#)
[Random Words Level 2](#)

## Lecture 27 - Using Spaced Repetition to Help Us Maintain Memories

[The Leitner System](#)
[Download and configure Anki](#)
[Anki: What it is, how to use it (to learn a language)](#)
[An Interview with Peter C. Brown, Author of Make It Stick](#)
[An Interview with Ron White, 2X USA Memory Champion](#)

## Lecture 28 - Mind Mapping

[FreeMind Mind-Mapping Software](#)
[MindNode for iPhone and iPad](#)
[Draw.io](#)
[Mind Mapping for Beginners | Udemy](#)
[Learn the Skill of Effective Mind Mapping | Udemy](#)

## Lecture 29 - Memory Palaces

[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 memory kit from Dr. Anthony Metivier](#)
[List of Anthony Metivier's Books](#)

## Lecture 30 - Number memorization systems

[Remember Any Number With the Major Memory System](#)
[How to Train Your Brain and Boost Your Memory Like a Memory Champ](#)
[Major Method Generator](#)

## Lecture 32 - Introducing the SQ3R System

[SQ3R System](#)

## Lecture 34 - Creating burning interest: Perspectives, prior knowledge, & W/H questions

[Creativity and Perspectives](#)

## Lecture 39 - How most people read: subvocalization

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

## Lecture 40 - Saccades: using your eyes as effectively as possible

[Camera Mind Game](#)

## Lecture 41 - Improving your eye span: wider saccades

[Schultz Table Exercises](#)
[Advanced Schultz Table Exercises](#)

## Lecture 42 - Using saccades across various devices and media

[Chrome Web Store](#)
[Pocket](#)
[Instapaper](#)

## Lecture 43 - Final thoughts on saccades

[Level 2 Short Term Memory Game](#)
[Calculate Saccade Width](#)

## this articleLecture 44 - Demonstration: Saccades in action

[Multicolumn saccade formatter](#)

## Lecture 46 - Progressive Overload Revisited: Training at the speed you wish to

[Spreeder software](#)
[Sliding Word utility](#)
[Acceleread for iOS](#)
[Free Speed Reading Test](#)

## Lecture 55 - Sleeping and learning: Why sleep is so crucial

[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

[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](#)
[Bose Noise Cancelling Headphones](#)

## Lecture 58 - SuperLearning by video or audio

[MySpeed by Enounce](#)
[Stitcher for Android](#)
[Audible.com Audiobooks](#)

# Lecture 59 - Tailoring the skills: Learning languages

[Interview w/ Benny Lewis (Fluent in 3 Months)](#)
[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)](#)