



Feynman Technique

What is the Feynman Technique?

The Feynman Technique is when you to choose a topic and explain it as if teaching a sixth grader, then you improve your explanations until you have mastered the material. This process is to assist you in understanding and retaining the material through the act of teaching the information in a simpler way.

Why choose the Feynman Technique?

- It helps you think through the topic in a simpler way that will help in understanding.
- It can help you to view a difficult subject in a different way.
- It causes you to review what you already know.

Feynman Technique:

1. Identify the topic you want to learn
 - Write down everything that you know about the topic on a piece of paper (computers are less useful for this technique but you can always type it up afterwards)
2. Explain the material as if to a sixth grader (12-year-old)
 - Now explain the information as if you are teaching it to a sixth grader
 - This action helps you simplify even the most complex of terms
 - Write how you have explained it to further help retain the information
3. Identify the gaps in your explanation and fill them using simple terms
 - Review what you had written down in step 1 and see if there is anything missing from your explanation
 - Rewrite and repeat, if necessary
4. Make sure every part of the explanation is in **your own words**
 - Review the textbook and compare the information with the explanation you have written down
 - Rewrite, if necessary
5. Now go and explain it to someone else (an actual sixth grader, a friend, a parent, yourself in a mirror, etc.)
 - Explaining something out loud will help with your comprehension and will verbalize your knowledge.

Works Consulted

<https://e-student.org/feynman-technique/>

<https://www.colorado.edu/artssciences-advising/resource-library/life-skills/the-feynman-technique-in-academic-coaching>

<https://collegepuzzle.stanford.edu/how-to-achieve-your-grades-using-the-feynman-technique/>