

FEYNMAN TECHNIQUE

A strategy for Self Explanation and Elaboration



FEYNMAN TECHNIQUE

“If you can’t explain it simply, you don’t understand it well enough.”

WATCH

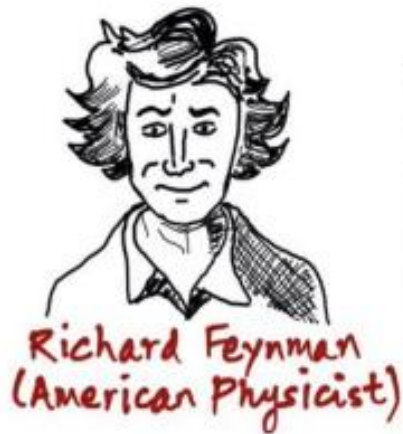
- <https://collegeinfo geek.com/feynman-technique/>

WHY?

- By attempting to explain a concept in simple terms, you'll quickly see where you have a good understanding of that concept. You'll *also* be able to **instantly pinpoint your problem areas**, because they'll be the areas where you either get stuck or where you end up resorting to using complex language and terminology.

HOW

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

HOW?

- The most important part of this technique is that you are explaining a concept.
- How you do it is up to you – you could explain it to a friend, a relative, the mirror, your dog,...
- Step 1 – Using a sheet of paper, write the name of the concept at the top.
- Step 2 – Write out an explanation of the concept in your own words. Use really basic, plain language and keep it simple. The more simple you can make it, the better.
- Step 3 – review your explanation against your more detailed notes/revision guide. Pinpoint any areas that you are bit weaker on or that you have missed as re it.
- Step 4 – If there are any areas where you are still using quite complex language, re write these bits to make them more simple.