

# Episode 4: How to Learn Before You Study

Background · Metacognition · advance organizers

*By the end, you will have a five-minute habit that makes everything you study afterward stick more easily.*

## THE MOVE • The Five-Minute Pre-Flight

Do these five things before you study anything. It takes about five minutes and changes how much the rest sticks.

- 1 Skim the shape. Headings, summary, structure. Get the map before the detail.
- 2 Ask what you already know about this. Wake up your prior knowledge.
- 3 Turn the title into a question you want answered.
- 4 Predict what will be the hard part.
- 5 Then, and only then, start reading.

## USE AI AS A THINKING PARTNER • copy this prompt

Before I study [TOPIC], act as an advance organizer for me.  
Give me a one-paragraph map of the big picture and how the main parts connect. Then ask me two questions to check what I already know about it.  
Don't teach me the detail yet. I want the map first.

## YOUR CHECKLIST THIS WEEK

- Spend two minutes previewing the structure before reading a word of detail.
- Write down what you already know about the topic.
- Turn the title into one guiding question.
- Predict the part that will be hardest.
- Start studying, watching for the answer to your question.

## ONE SMALL BEHAVIOUR

Before your next study session, spend five minutes previewing before you read a single line of detail. Notice how much easier the reading feels.