



Feynman Technique

What is the Feynman Technique?

The Feynman Technique is a method for studying that involves 4 steps. The goal of the technique is to gain a deeper understanding of the topic you are studying instead of only comprehension.

Instructions

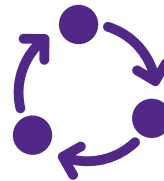
1. **Study.** Review your information about the topic and break it down into its core components.



2. **Teach.** You can teach it to a friend, roommate, or family member, or talk out loud to yourself. If you talk to a person, they will be able to give you feedback on what isn't clear. That way, you know what you need to study more.



3. **Fill the gaps.** Review the areas you missed or were unclear in step 2.



4. **Simplify.** This step may be difficult, but it will encourage you to think deeper about a subject so you can explain it to someone who has no knowledge of the subject. Think about explaining something to a third grader with limited vocabulary.

