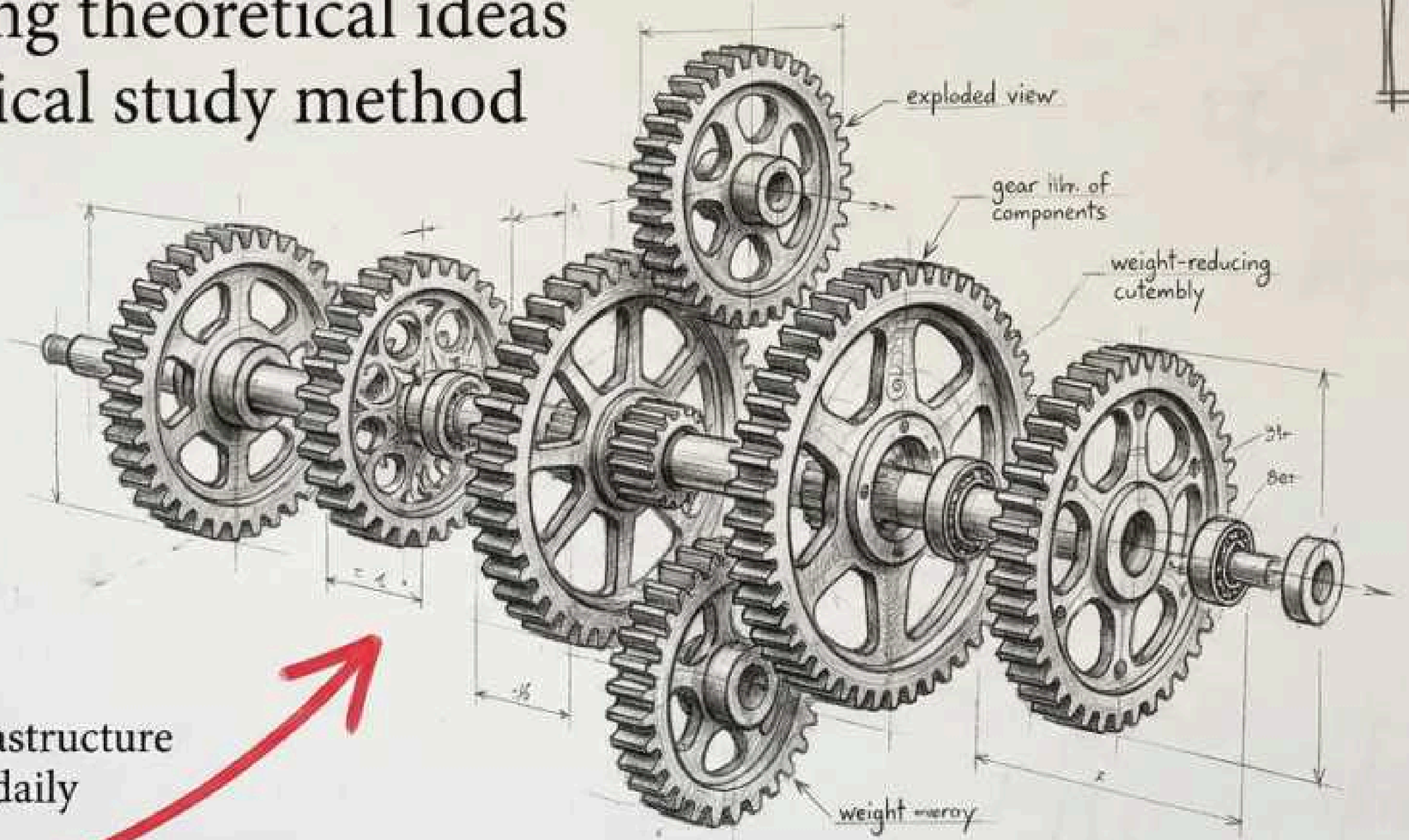
Transforming theoretical ideas into a practical study method

¶ 6.1



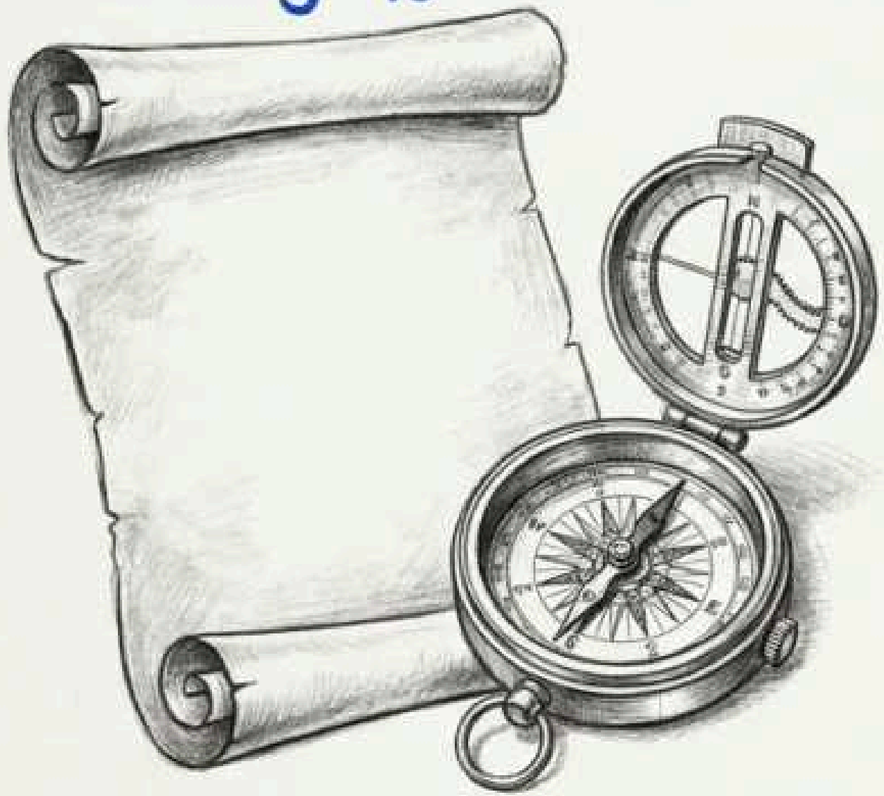
The Academy's infrastructure transformed into a daily learning loop.

Method = Ideas (Lecture 2) + Practical Steps

Step One is writing a diagnostic anchor

¶ 6.2

Knowledge$_{To}$ → Baseline



Before pressing play, write down what you know or believe.

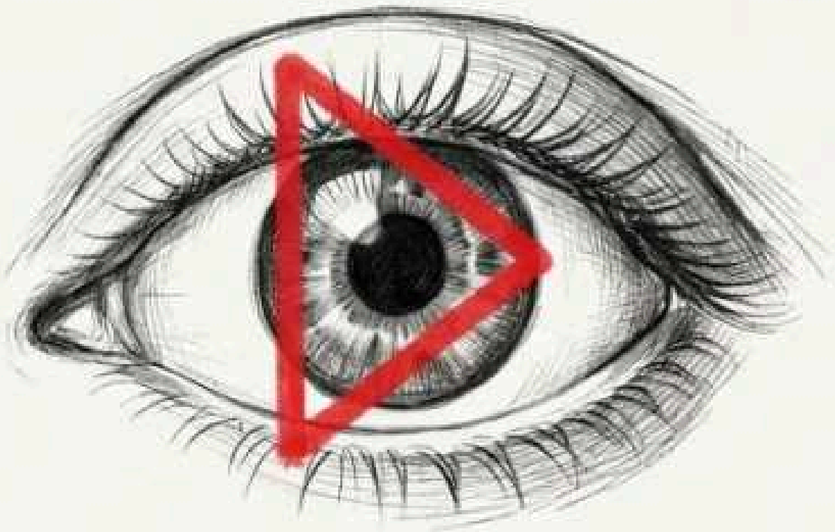
Just a few lines to capture your assumptions.

Creates a diagnostic assessment to measure future growth.

Gemini Notebook

Step Two is the continuous first pass

¶ 6.3



Watch straight through.
No pausing. No notes.

Grasp the shape of the argument.
Notice what puzzles or interests you.

The lectures are short on purpose.

Gemini Notebook

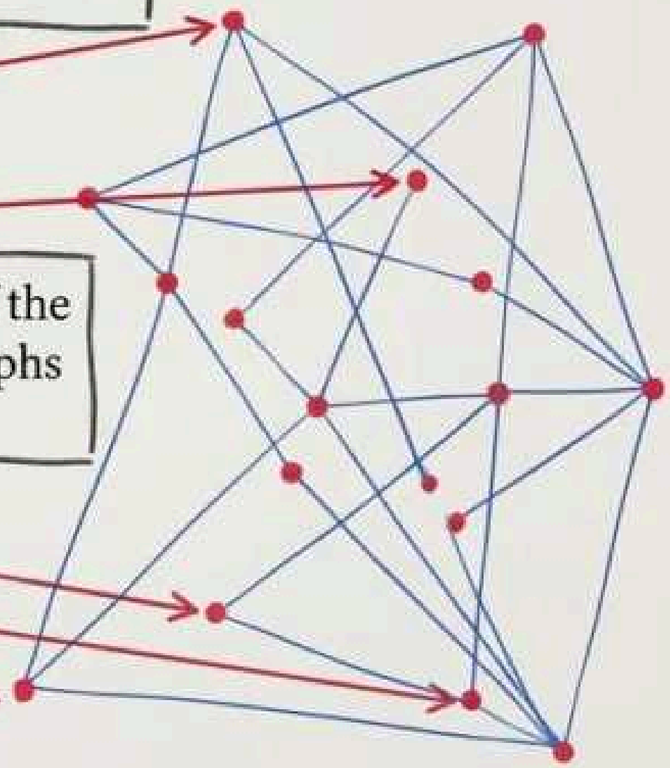
Step Three is drawing a personal map of the text

¶ 6.4

Read the Course Book slowly. Mark paragraphs that matter most or are difficult.



Keep a short list of the numbered paragraphs to return to.

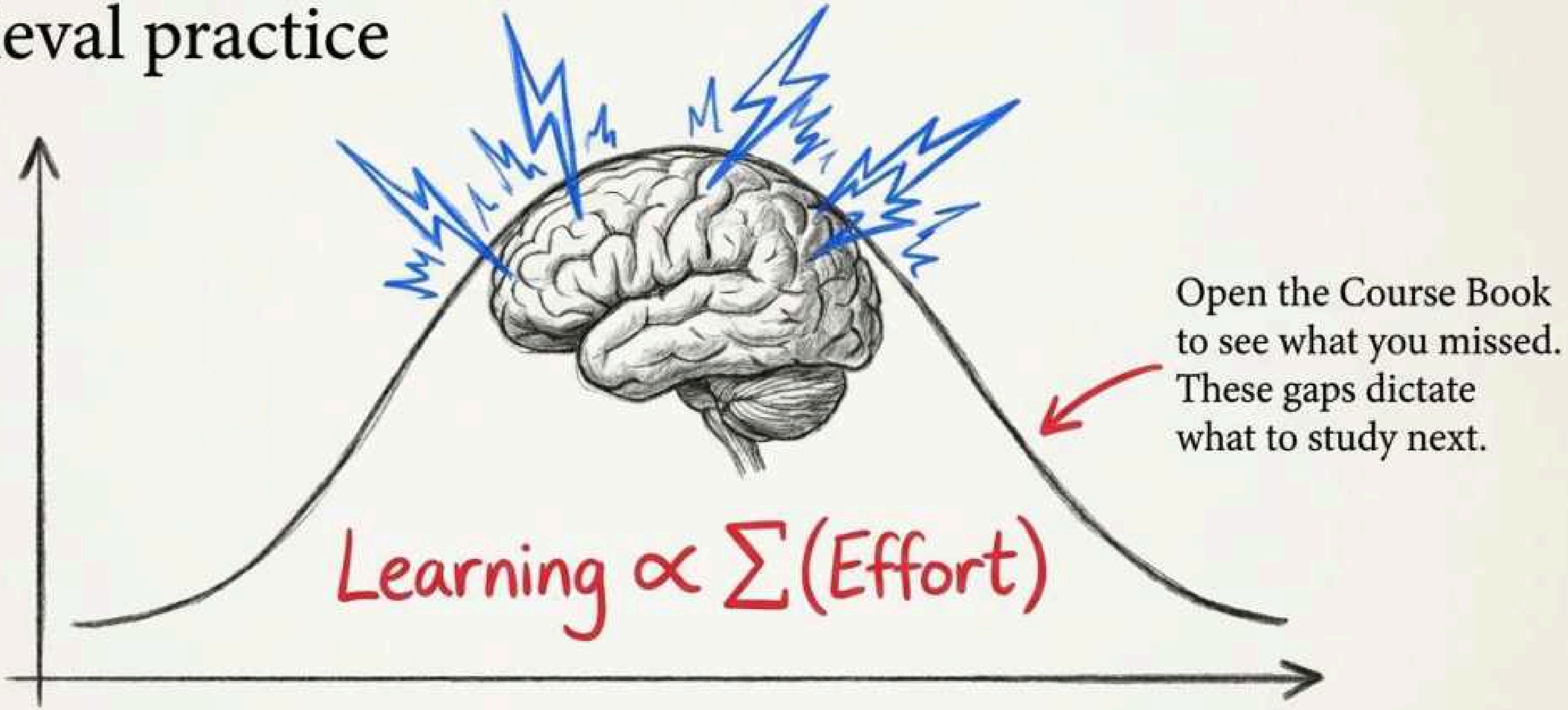


This list becomes your personal map.

Gemini Notebook

Step Four is the crucial effort of retrieval practice

¶ 6.5



Open the Course Book to see what you missed. These gaps dictate what to study next.

Close the video and Course Book.

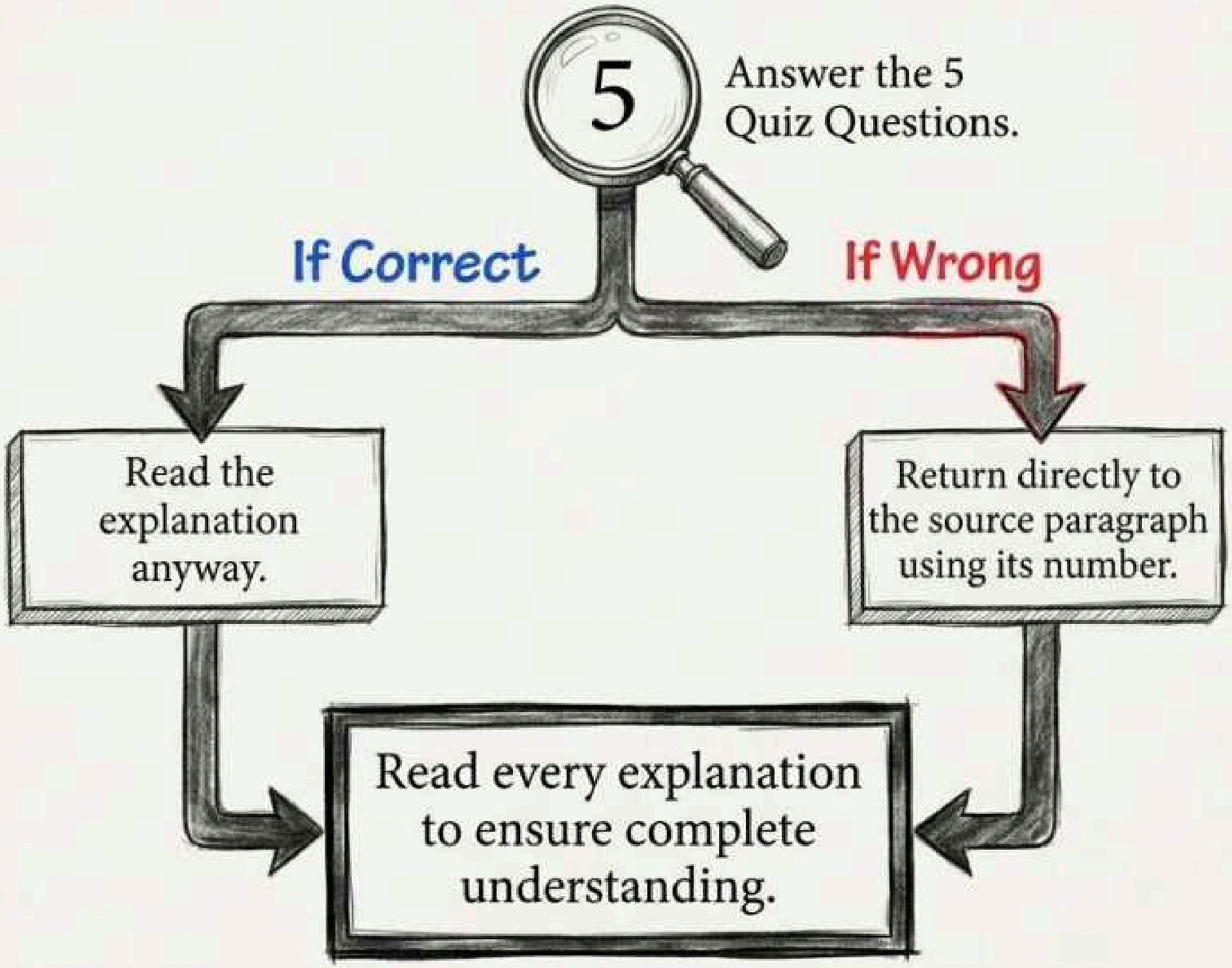
Write down what you remember in your own words.

Do not worry if the result is messy—the effort is the point.

Gemini Notebook

Step Five creates a targeted feedback loop

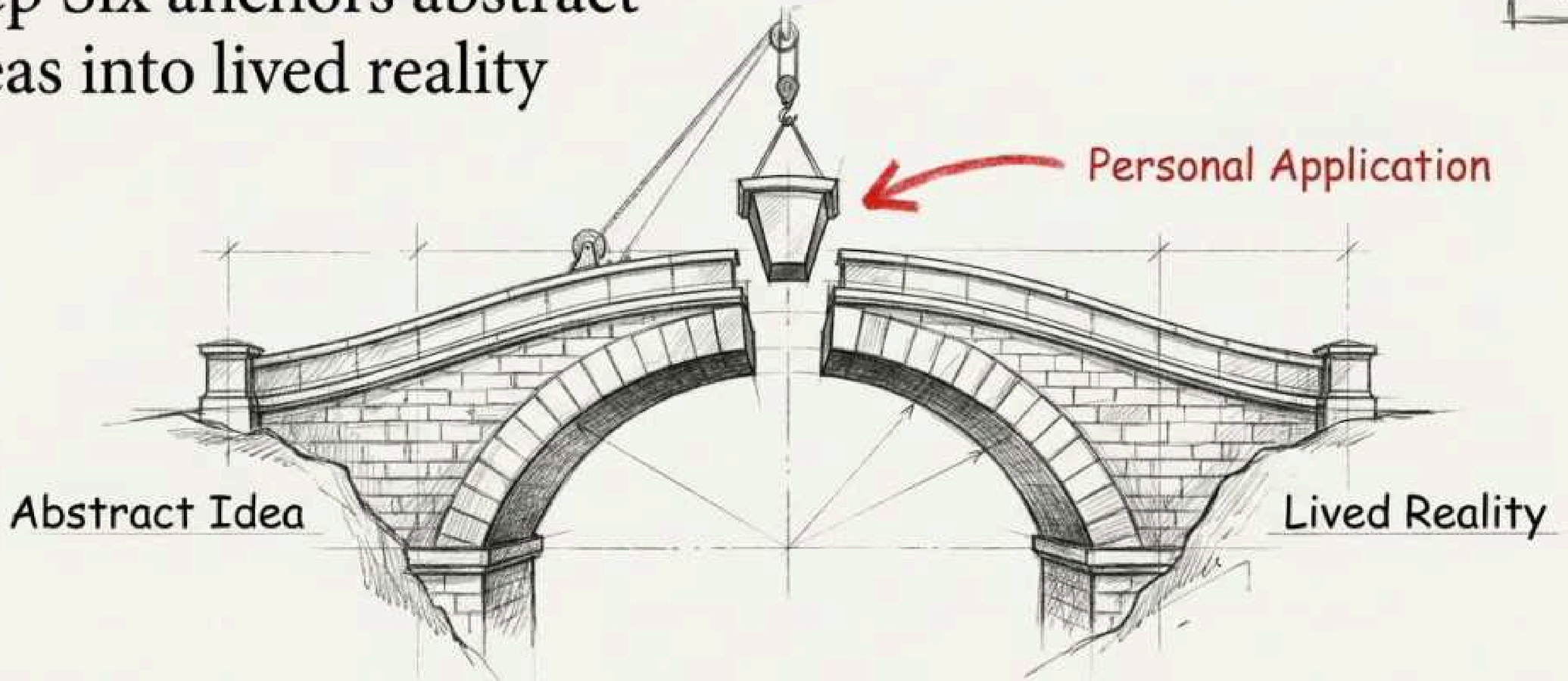
¶ 6.6



Gemini Notebook

Step Six anchors abstract ideas into lived reality

¶ 6.7



Answer the final question with a few sentences.

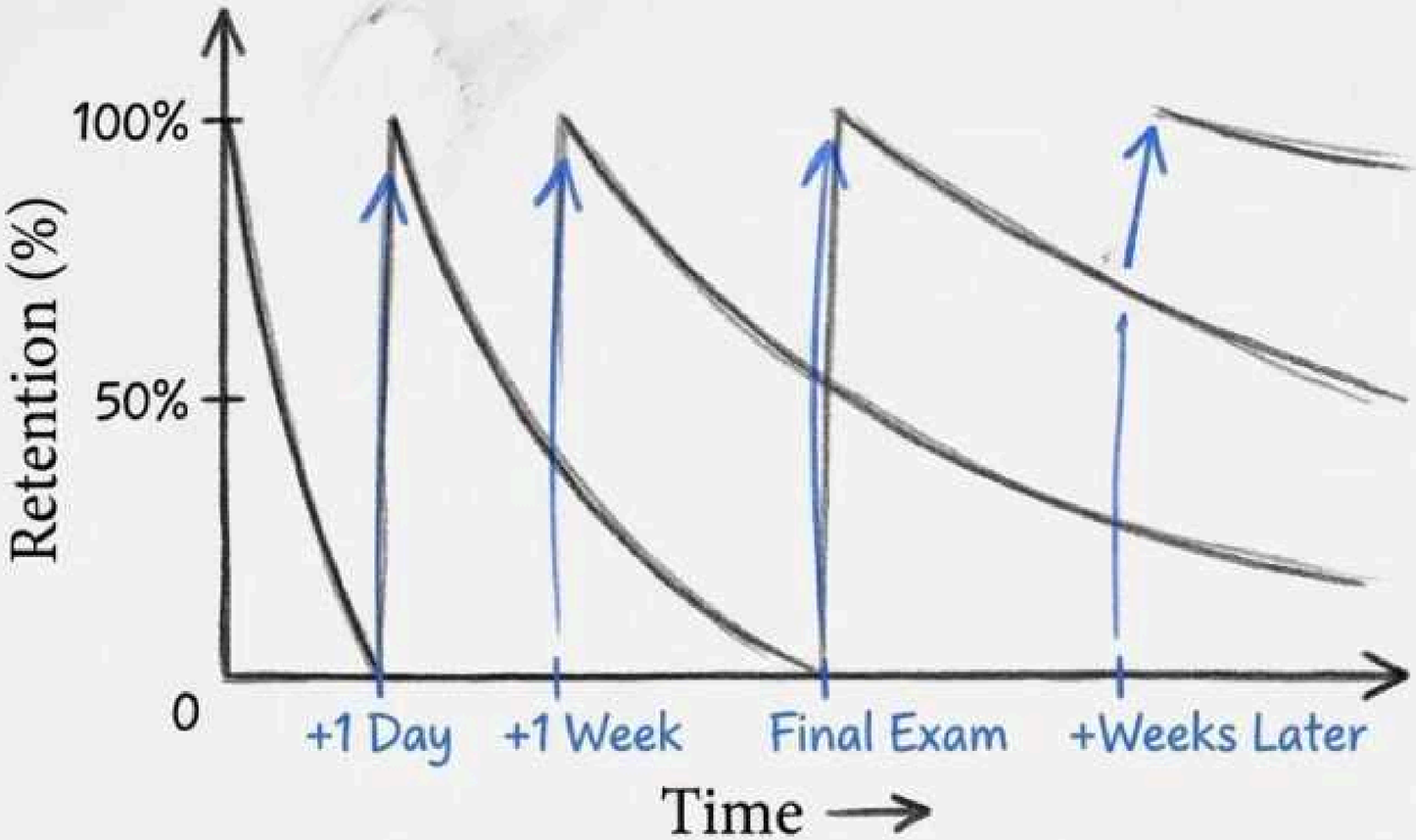
No answer key. No one will mark it.

Apply the idea to something in your own life or thinking. This is where understanding becomes real.

Gemini Notebook

Step Seven leverages the spacing effect over time

¶ 6.8



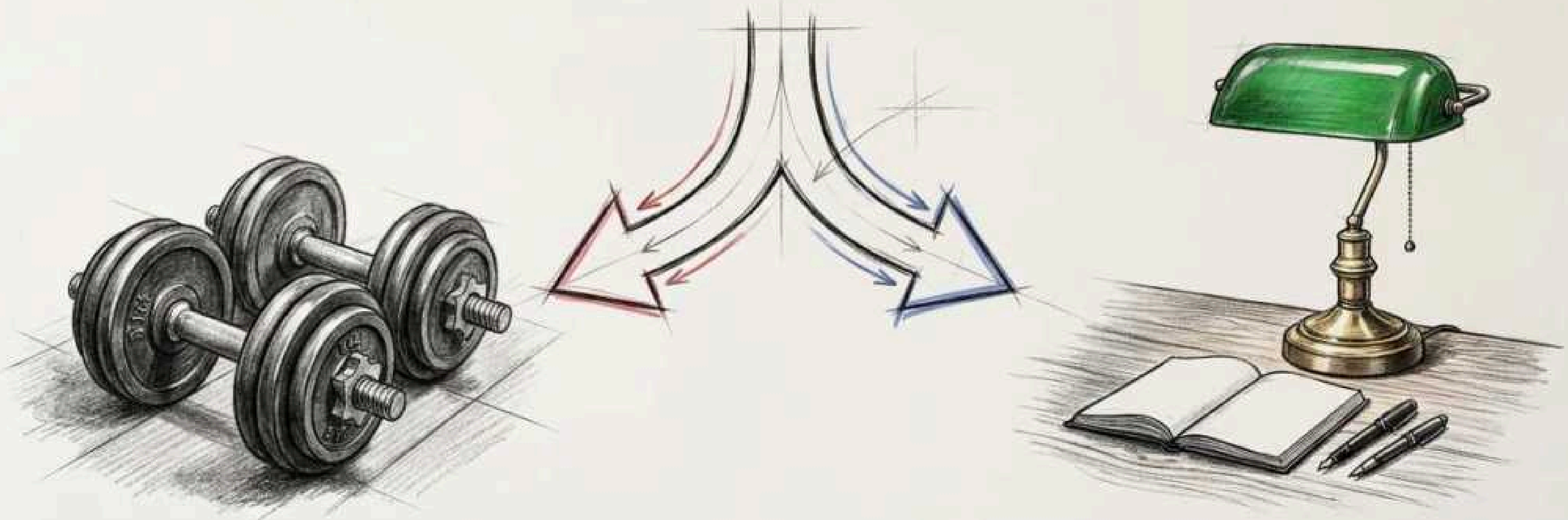


Try recalling before you look.

The second attempt at the final exam will reveal exactly what has stayed with you.

Gemini Notebook

Theory into practice: Gary uses two specific routines depending on his location.

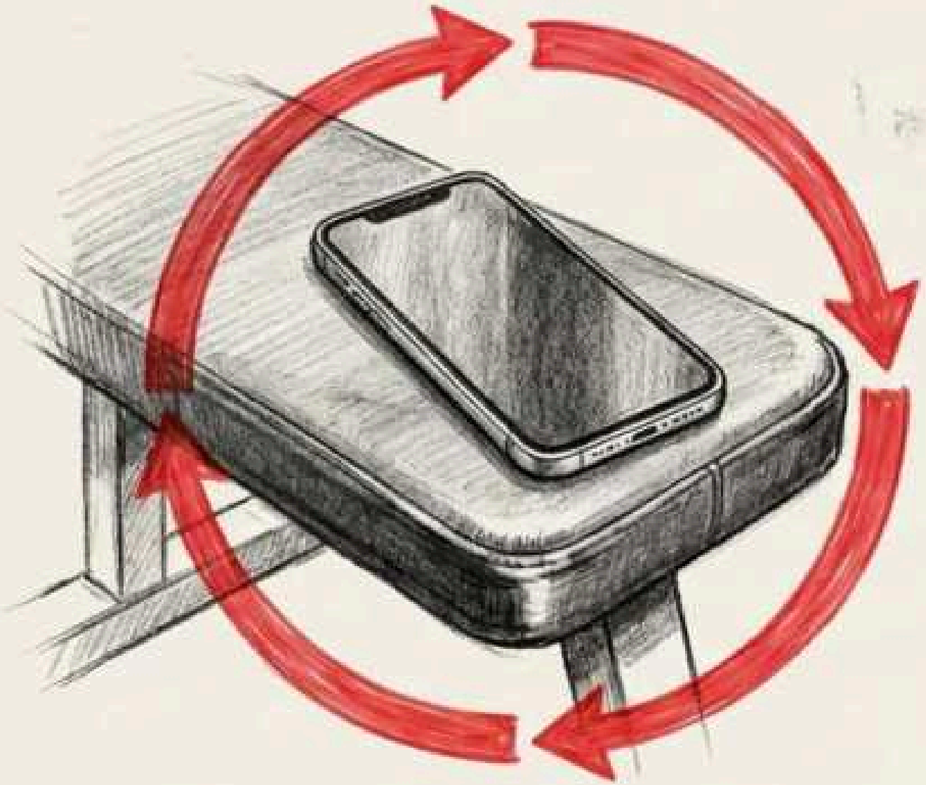


Routine 1: The Gym

Routine 2: The Desk

The gym routine builds active mastery through repetition

¶ 6.10



Passive Workout Video + (Retrieval × Feedback) = Real Study

1. Watch the full-course video on a phone during the workout.
2. Sit down afterward and take interactive quizzes.
3. Retake quizzes until achieving a 100% perfect score.

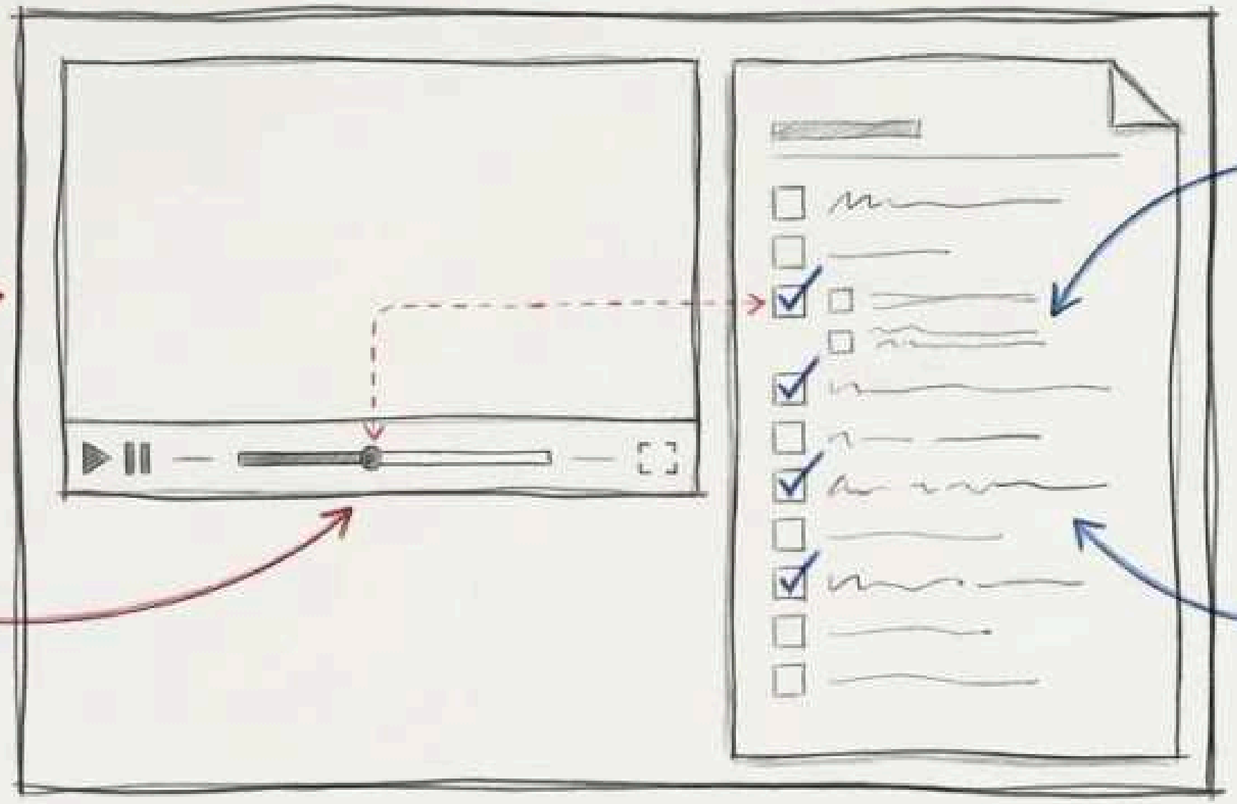
Gemini Notebook

The desk routine offers a synchronous shortcut

¶ 6.11

Lecture quiz remains open beside the video.

Questions follow the exact order of the lecture. Answer each one as its material is covered.



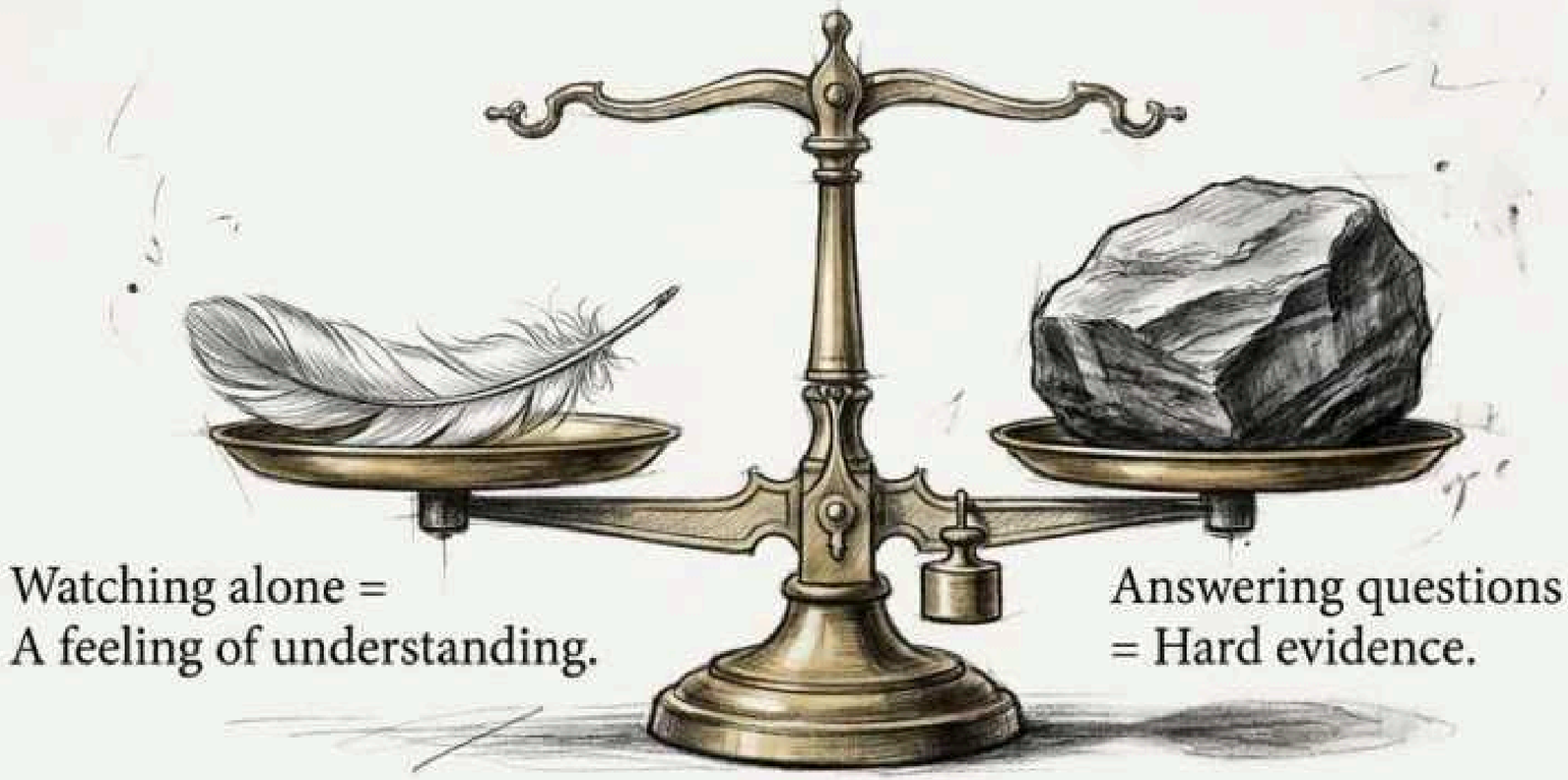
If unsure, wait until the lecture provides the answer, then mark it.

Checks understanding as you go, rather than at the end.

Gemini Notebook

Both routines rest on separating feeling from evidence

¶ 6.12



Testing(Feeling) = Evidence

Choose whichever fits your time and place, or invent your own.

Gemini Notebook

Deploying an AI tutor using the clean numbered text

¶ 6.13



Feed the clean, numbered Course Book to an AI system.

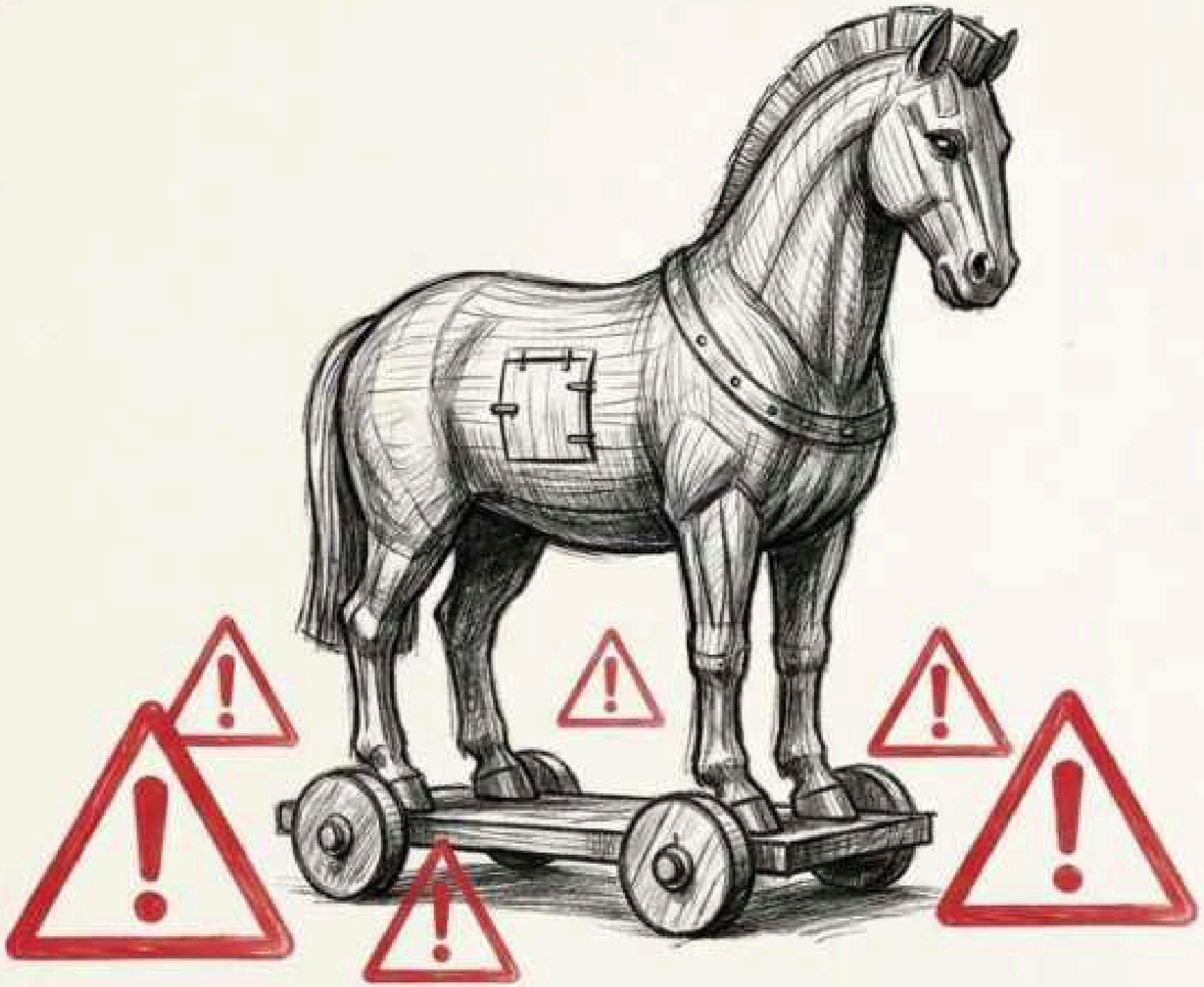
- Quiz me on a lecture
- Explain paragraph 3.4 in simpler words
- Provide a new example
- Argue the opposite side for practice

The tripos prompt on each course page is a ready-made way to start.

Gemini Notebook

Managing the risks and illusions of artificial intelligence

¶ 6.14



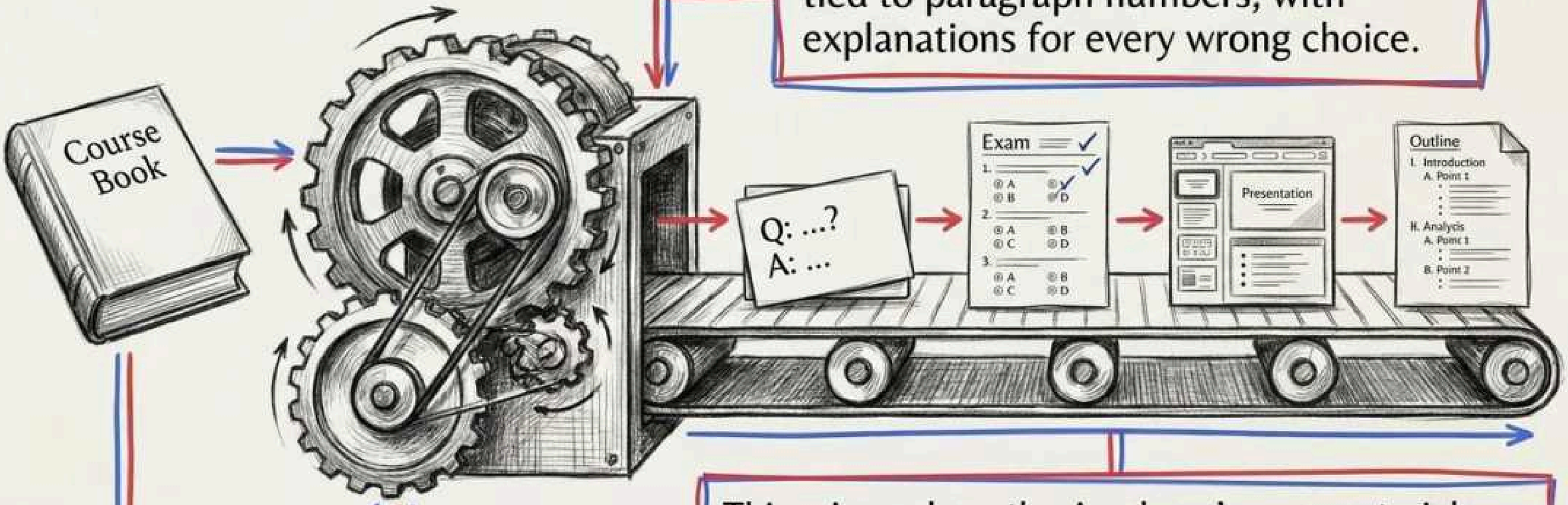
Risk	Defense
AI hallucinates and sounds very sure.	Demand paragraph numbers as proof and check them.
A sycophantic tutor.	Beware of an AI that agrees with you too readily.
Outsourcing cognition.	Never ask for the answer before you have tried. Do not skip the effort that does the learning.

Gemini Notebook

Generating infinite practice materials and study aids

¶ 6.15

Ask for extra multiple-choice questions tied to paragraph numbers, with explanations for every wrong choice.



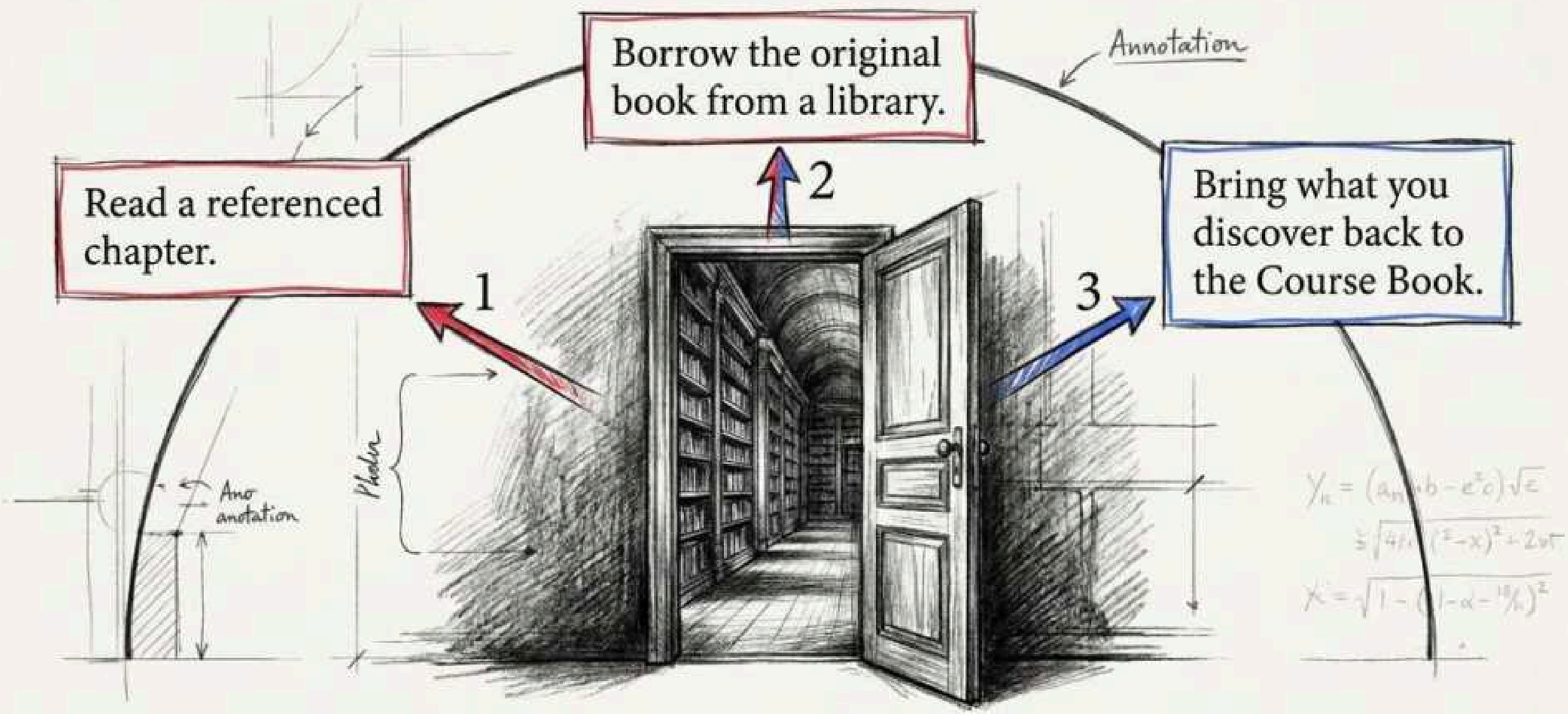
This mirrors how the Academy's own materials are made, giving you as much practice as you wish.

Gemini Notebook

A *Brief course* is an invitation to the wider world

Each course points onward through its References to original works and thinkers.

¶ 6.16

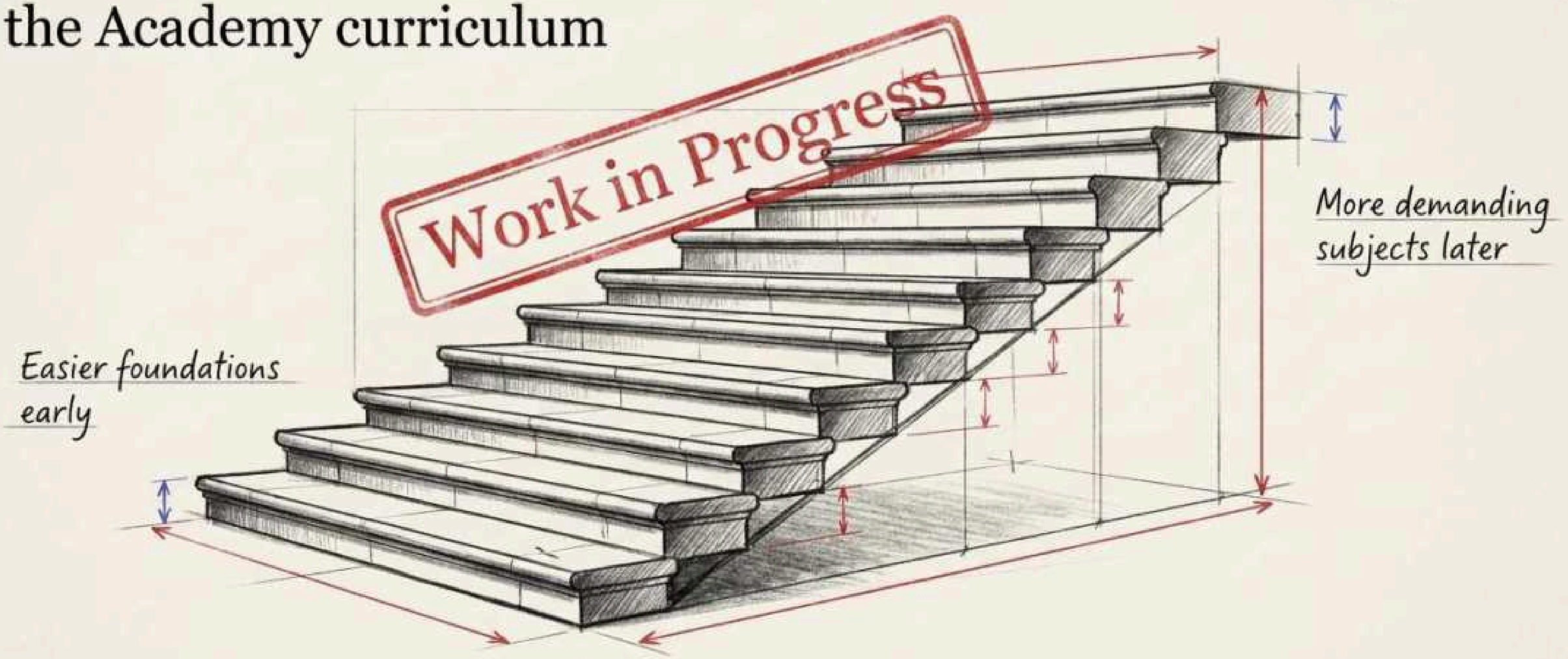


"The Academy is just a place to start."

Gemini Notebook

The structural roadmap of the Academy curriculum

¶ 6.17



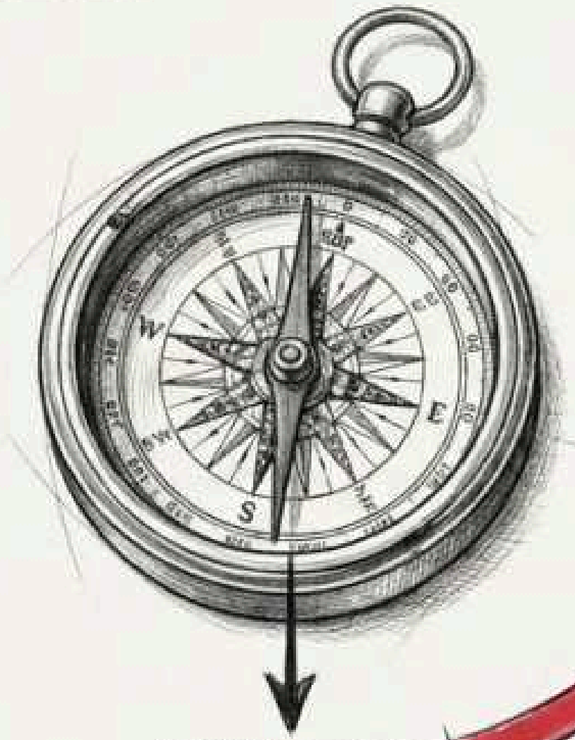
Modelled on a university education across eight semesters.

Only some courses are built so far. The rest are on the way, but the existing ones are ready to use.

Gemini Notebook

¶ 6.18

Ground Zero for your educational sequence



PHIL 100 B

Philosophy 100 B is Course Zero.
It prepares you for all others.

PHIL 101 B

Philosophy 101 B
(An introduction to philosophy utilizing all the features you just learned).

Beyond that, follow your curiosity. Courses can be taken in whatever order interests you.

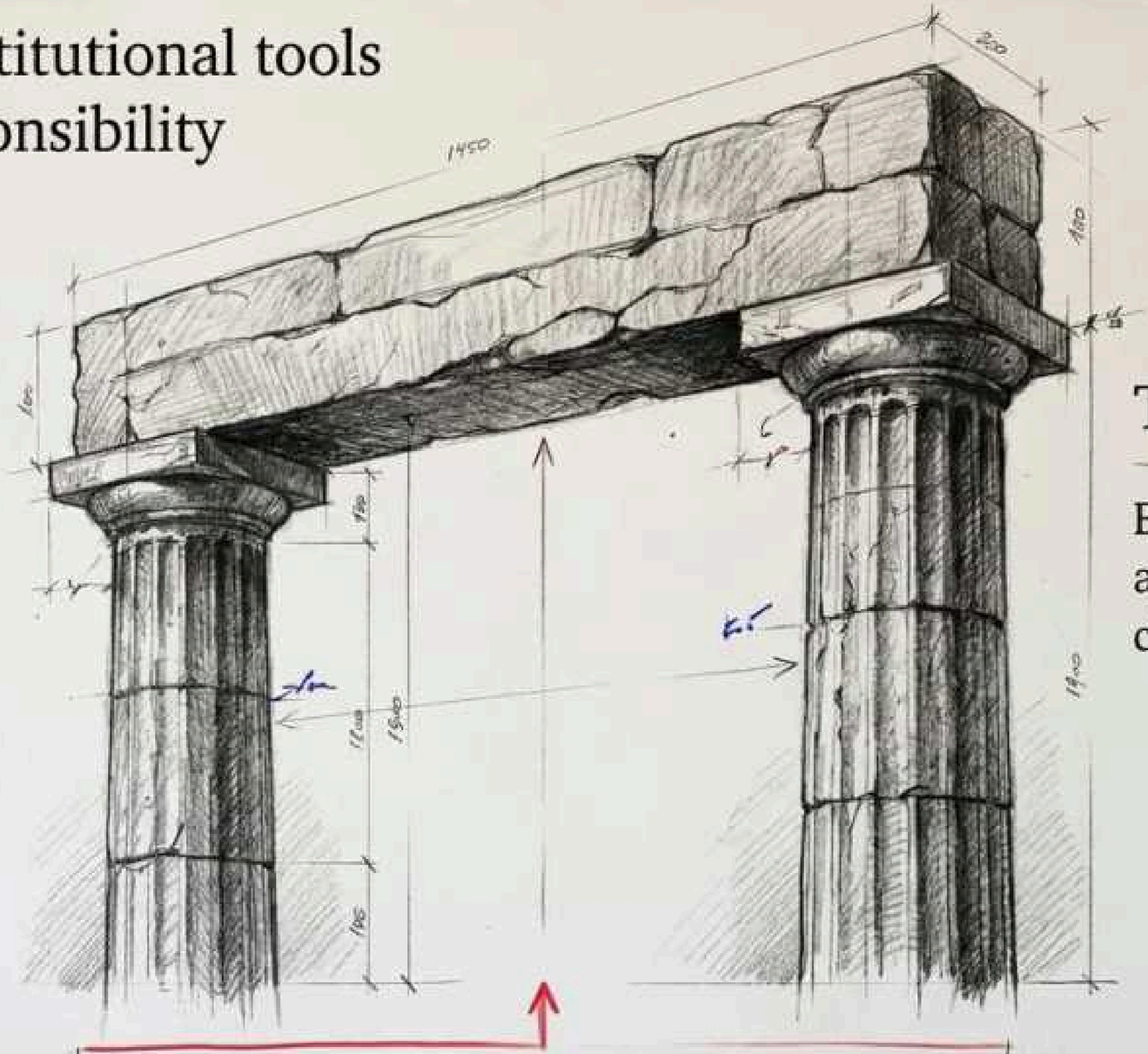
Gemini Notebook

The balance of institutional tools and personal responsibility

¶ 6.19

The Academy

Well-organised courses, a clean Course Book, honest practice, and a chosen tutor.



The Student

Effort, responsibility, and the distance you choose to go.

That a library of good first courses will help many begin, and that some will go very far.

Gemini Notebook

The final question requires a commitment

¶ 6.20



What will you **study first**,
and how will you **know** that
you have **really learned** it?

Write down your answer, and keep it.

Gemini Notebook

Conclusion of Course Zero

¶ 6.21



Thank you for taking Philosophy 100 B.

Gemini Notebook