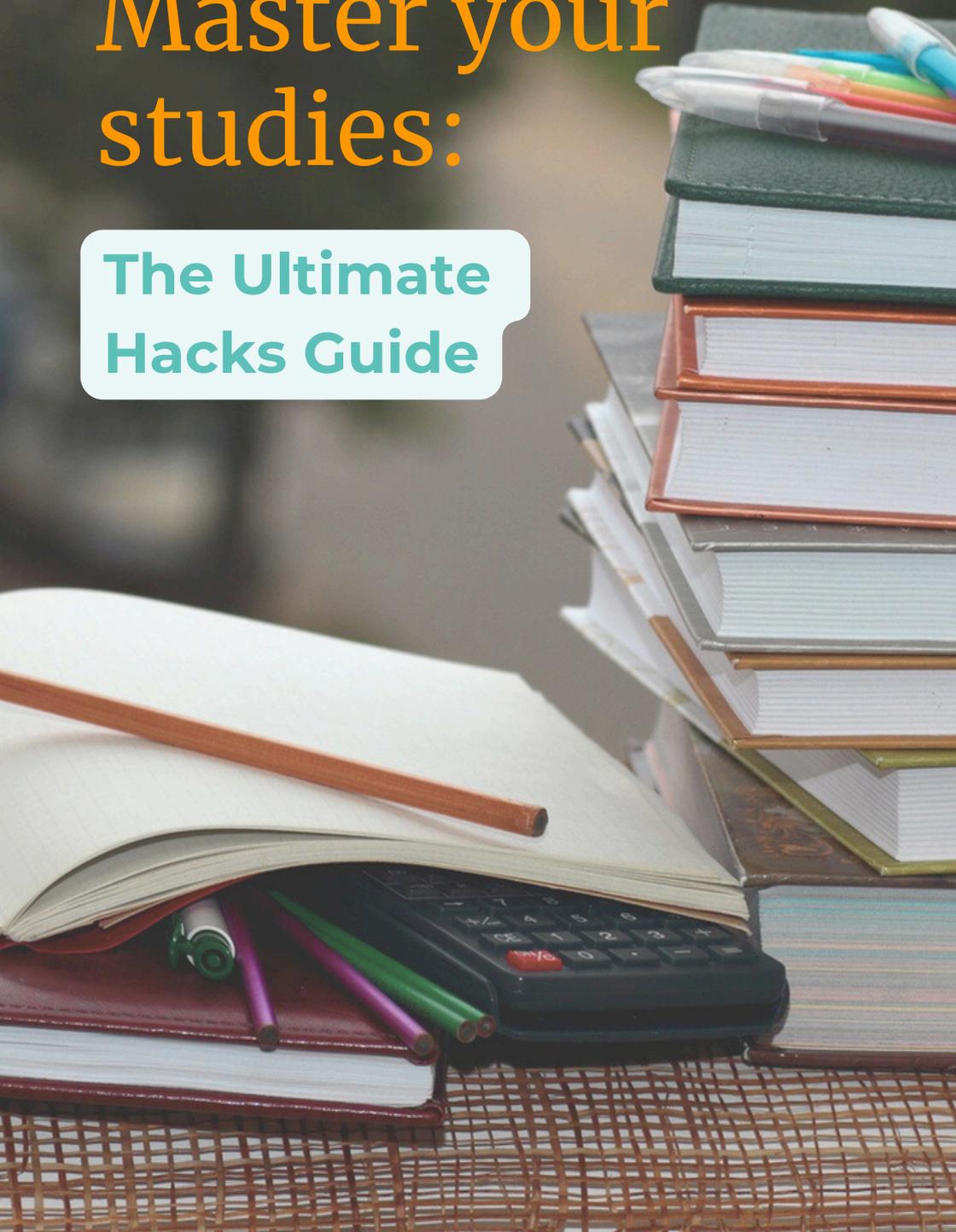


Master your studies:

The Ultimate Hacks Guide



Introduction: The Art of Learning How to Learn

Welcome! If you have this document in your hands, it's because you know the traditional system **DOES NOT WORK** ❌

We've all been there: hours in front of a book, underlining entire paragraphs and reading the same page over and over again, only to feel the information vanish from your mind when you finish 😞

THE PROBLEM ISN'T YOU, it's the method. Studying passively is like trying to fill a bucket with holes: no matter how much water you pour in, it's lost.

This guide **IS NOT A BORING PEDAGOGY MANUAL**. It is your **high-level toolkit** based on neuroscience and cognitive psychology.

By applying these "hacks," you will discover that learning is not a matter of "flight hours," but of **✅STRATEGY✅**

My goal as your study coach is for you to reclaim your time, reduce exam stress and, above all, discover the satisfaction of **mastering any topic, subject, or language with confidence** 🎉👊

What will you find in this guide?

Throughout these pages, we will break down the 5 pillars of accelerated learning. These are the methods used by the world's top-performing students and scientists who master multiple disciplines. Get ready to explore and master:

-  **Active Recall:** The end of passive studying. You will learn why closing the book is the most important step for information to stick in your long-term memory.
-  **Spaced Repetition:** How to hack the "forgetting curve" so you never have to say "I forgot everything I studied yesterday" ever again.
-  **The Feynman Technique:** The ultimate method for simplifying the complex. If you can explain it to a child, you have truly mastered it.
-  **The Pomodoro Technique and Parkinson's Law:** Managing energy and time. How to achieve in 2 hours what used to take you all day.
-  **Interleaving:** Training your brain to be agile and solve real-world problems by strategically mixing concepts.

Are you ready to transform your potential? We are going to start with the first big secret: **how to force your brain to remember.**



Method #1: Active Recall

The end of passive study - Reading and rereading, highlighting with a thousand colors and transcribing entire paragraphs... **ERROR!** Science shows that this is passive study: the brain is in "power saving mode" and the information enters, but it doesn't stay. **Active Recall** consists of **forcing your brain to retrieve information from the inside out**, without looking at the text over and over again.

Why does it work? By trying to remember, you create stronger neural connections. It's like going to the gym: if you only watch others lift weights (**reading**), you don't grow; **YOU** have to lift the weight (**remembering**). Would you like to continue with the practical steps of this method?

Steps to master it:

- a. Do not look:** After reading a section, cover it up completely.
- b. The "Brain Dump":** On a blank sheet of paper, write down everything you remember. It doesn't matter if it's messy.
- c. The Traffic Light:** Compare your sheet with the book. What you remembered well goes in green; what you forgot or got confused, in red.
- d. Focus on the red:** Only re-study what you could not remember.



Pro-Level Hack: Create Flashcards. Put a question on one side of the card and the answer on the other. This forces you to perform Active Recall.

Method #2: Spaced Repetition

Hacking the forgetting curve

Did you know that we forget almost 70% of what we learn in less than 24 hours if we don't review it? This is called the Forgetting Curve.

Spaced Repetition is the technique that interrupts that forgetting process at just the right moment.

Instead of studying for **10 hours** before the exam, you study for **1 hour across 10 sessions** separated by intervals. For example: **1 day, 3 days, 7 days, and 14 days.**

Tu calendario ideal de 21 días (3 semanas): Ejemplo con Biología, Historia y Mates.

Semana	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	Domingo
1	BIO: Tema 1 (Estudio)	HIS: Tema 1 (Estudio) BIO: T1 (Repaso 1)	MAT: Tema 1 (Estudio) HIS: T1 (Repaso 1)	BIO: Tema 2 (Estudio) MAT: T1 (Repaso 1)	HIS: Tema 2 (Estudio) BIO: T1 (Repaso 2) BIO: T2 (Repaso 1)	MAT: Tema 2 (Estudio) HIS: T1 (Repaso 2) HIS: T2 (Repaso 1)	DESCANSO / Puesta al día
2	BIO: Tema 3 (Estudio) MAT: T1 (Repaso 2) MAT: T2 (Repaso 1)	HIS: Tema 3 (Estudio) BIO: T1 (Repaso 3) BIO: T3 (Repaso 1)	MAT: Tema 3 (Estudio) HIS: T1 (Repaso 3) HIS: T3 (Repaso 1)	BIO: Tema 4 (Estudio) MAT: T1 (Repaso 3) MAT: T3 (Repaso 1)	HIS: Tema 4 (Estudio) BIO: T2 (Repaso 2) BIO: T4 (Repaso 1)	MAT: Tema 4 (Estudio) HIS: T2 (Repaso 2) HIS: T4 (Repaso 1)	DESCANSO
3	BIO: Tema 5 (Estudio) MAT: T2 (Repaso 2) MAT: T4 (Repaso 1)	HIS: Tema 5 (Estudio) BIO: T1 (Repaso 4) BIO: T5 (Repaso 1)	MAT: Tema 5 (Estudio) HIS: T1 (Repaso 4) HIS: T5 (Repaso 1)	REPASO GLOBAL MAT: T1 (Repaso 4) BIO: T3 (Repaso 2)	REPASO GLOBAL HIS: T3 (Repaso 2) MAT: T3 (Repaso 2)	SIMULACRO EXAMEN (Temas 1-5 de todo)	PLANIFICACIÓN



Method #3: The Feynman Technique

Learn like a communication genius Richard Feynman, Nobel Prize-winning physicist, believed that complexity is a sign of a lack of understanding. **If you cannot explain something simply, you haven't truly understood it.**

The 4 Feynman Steps:

- a. Choose the concept:** Write the name of the topic at the top of a sheet of paper.
- b. Teach it to a child:** Write an explanation as if you were giving it to someone **10 years old**. Avoid technicalities and bombastic words.
- c. Identify the gaps:** When you find it difficult to explain a step or use complicated words because you don't know how to simplify them, stop. That is the **point you haven't mastered**.
- d. Refine and use analogies:** Go back to the study material to clear up your doubts and create an **analogy** (example: "The mitochondria is like the power plant of a city").

Result: This method forces you to organize your ideas and gives you total confidence before any presentation.



Have you noticed? All the techniques you've seen so far (and the ones you'll see) can be applied together.



Method #4: The Pomodoro Technique and Parkinson's Law

Maximum productivity in time blocks The brain is not a machine of endurance, but of **bursts**. Studying for **4 hours straight** guarantees that the last **2 hours** will be of very low quality.

🍅 The Pomodoro Technique - 25 minutes of Focus (or more). No notifications, no music with lyrics, just you and the material. **5 minutes of Rest**. Don't look at your phone. Walk, drink water, or look out the window. **IT IS NOT A TIMER, IT IS AN EFFICIENCY CHALLENGE. TIP:** choose a micro-objective per time block.

🕒 Parkinson's Law "Work expands so as to fill the time available for its completion." If you give yourself all Sunday to study, it will take you all Sunday. If you give yourself **25 minutes** to summarize a topic, you will do it in that time. Do not drag out the time. **Increase your speed.** **Parkinson's Law** states that, if time is running out, you become more **decisive**.

💡 Pro-Level Hack: Try Flowtime. If you feel that 25 minutes is too short and you are deeply focused, keep going until you feel fatigue (maximum 90 minutes) and then take a proportional break (15-20 minutes).



Method #5: Interleaving

Mental agility and problem solving

Most people study in "blocks" (e.g., Monday only Math, Tuesday only History). However, the brain learns better when it has to differentiate between different categories of information in a single session.

How to apply it? If you are studying languages, don't do an entire hour of past tense verbs. **Mix it up:** 15 min of past tense, 15 min of food vocabulary, and 15 min of travel audio.

The real benefit: In an exam, questions are mixed together. If you have only studied in blocks, your brain "freezes" when switching topics. **Interleaving** trains your **discrimination ability**, allowing you to identify which technique to use for each problem much faster.

 **Conclusion: Habit beats intelligence** It's not about being a genius, but about using the right tools. Apply these methods **today** and you will notice the difference from your very first study session. Remember that I am here to help you personalize these strategies according to your level and goals.

Bonus - Your Perfect Session Checklist



-  **Airplane Mode:** The phone is in another room.
-  **Hydration:** I have my water bottle ready.
-  **Lighting:** My space is well-lit (natural light preferred).
-  **Defined Goal:** I know exactly which topics I am going to finish today.
-  **Materials:** Everything I need is on the table so I don't have to get up.