

The one-page summary

If you screenshot one page of this book, make it this one.

THE PRINCIPLE

If it feels easy, it probably is not working.

Always

- Close the book and recall. Do not reread.
- Space reviews at roughly fifteen per cent of the time until the exam.
- Mix problem types. Do not block them.
- Ask why, out loud.
- Sleep the full night, before and after learning.
- Test yourself before you study, and get it wrong on purpose.

Never

- Judge your readiness immediately after studying.
- Treat highlighting as studying.
- Reread a solved problem and call it review.
- Let AI do a retrieval you could have attempted.
- Cram.

When you do not know what to do

Write down everything you remember on a blank page, then study what is missing.