**"I feel like I'm missing everything."**

▶ It is normal to feel overwhelmed at the start of the study break.
▶ During the semester, you often just "survive" the deadlines.
▶ **The Good News:** The Lernphase is designed for exactly this.
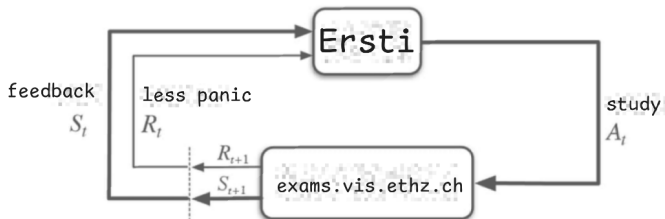▶ **Most of the "Click" moments happen now.**

*You are not behind. You are just at the start of the consolidation phase.*

## 1. Reinforcement Learning Loop

▶ Solve problems and get *immediate* feedback (check the solution).

## 2. Quantity + Quality

▶ **Quantity:** Solve many problems to build pattern matching.
▶ **Quality:** Understand the *why* for every problem. "Why this step?"

# How long should I spend on an exercise?

**Don't stare at a blank page for an hour.**

1. **Spend 5-Minute:** Try seriously for 5 minutes.
2. **Get a Hint:** Stuck? Ask ChatGPT for a *conceptual* tip (no solution yet).
3. **The Solution:** Still stuck? Look at the solution. **No shame. This is how you learn!**

**CRITICAL STEP:**

▶ Don't just copy. Apply the **Feynman Technique**.
▶ *"Why did they take this step?"*
▶ If you can't explain it, you have a gap. Fix it.

*Goal: Skim/work through all 13 exercise sheets in ~1.5 days then move to exams.*

# Writing the Cheatsheet

**The Process IS the Product.**
▶ **Write it yourself.**
▶ Compressing a complex theorem into a tiny box is the **best studying you will do**.
▶ Downloading a cheatsheet = Skipping the learning process.
▶ You won't know where the formulas are or the context behind them.
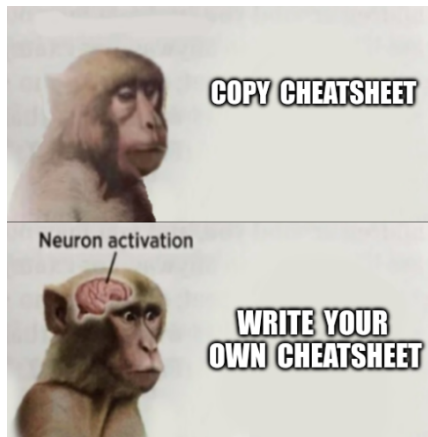
# General Learning Principles

**1. Intensity $\gg$ Duration**

▶ Don't study 8 hours "half-awake". Study 3 hours with **full intensity**.
▶ Deep Work: Phone away, focus on. Quality of hours beats quantity.

**2. Sleep is Part of the Job**

▶ Sleep is not a waste of time.
▶ Sleep is where **Memory Consolidation** happens. If you don't sleep, you don't save.

**3. The Feynman Technique**

▶ Explain the concept to a friend, make your own cheatsheet (!).
▶ If you get stuck or use technical terms as a "Black Box", you have a knowledge gap.

# Don't Burn Out

**You are a human, not a machine.**
- ▶ **Touch Grass (or Snow):** Go outside. Take walks. Meet friends.
- ▶ **Downtime is Productive:** Your brain solves problems in the background while you relax.
- ▶ **Marathon, not a Sprint:** If you burn out in January, you can't perform in February.
- ▶ *Guilt-free breaks are better than guilt-filled procrastination.*