

White Room Learning Ability Program: Daily Sessions, Drills, and Tests

I MIGHT REMAKE THIS LATER

Days 1–4: Attention

Daily Drills:

Pomodoro cycles (25/5 x 8 rounds)

Visual tracking (follow dot on screen for 5 mins)

Focus meditation (10 mins morning, 10 mins night)

Environmental observation logs

Daily Test:

10-min focused reading, followed by summarization from memory

Count-back test (100–0, skip 7s, in under 2 mins)

Days 5–8: Memory

Daily Drills:

Memory palace encoding (5 random items into locations)

Spaced repetition flashcards (Anki or paper)

Dual encoding (visual + verbal description)

Daily Test:

Recall 20 shuffled words after 5 min

Teach-back: explain 1 concept learned in past week

Days 9–10: Neuroplasticity

Daily Drills:

Learn to write with non-dominant hand

Use different routes for daily tasks

Learn a new pattern (origami, dance, basic coding)

Daily Test:

Complete novel puzzle (Sudoku, visual maze, foreign logic)

Switch tasks every 10 min and recall key idea

Days 11–12: Neural Efficiency

Daily Drills:

Dual N-back (20 mins)

Chunking exercise (group random digits into patterns)

Time-boxed memory task (memorize a short article in 15 mins)

Daily Test:

Solve 5 logic puzzles under 10 mins

Compress 300-word text to 75 words accurately

Days 13–16: Rate of Comprehension

Daily Drills:

Skim→Scan→Zoom (choose 3 online articles)

Listen to 2x speed lectures and take notes

Daily Test:

Read 2 articles (under 5 mins each), summarize each in 3 bullet points

Quiz: 5 questions from a video at 2x speed

Days 17–20: Depth of Comprehension

Daily Drills:

Socratic questioning on readings

Explain paradoxes aloud

Recursive why-questions (ask “why” 5 times per idea)

Daily Test:

Read 1 philosophy page, write 3 interpretations

Debate yourself in a pro/con format

Days 21–24: Theoretical Understanding

Daily Drills:

Teach-back: Explain complex ideas to imaginary student

Model a theory visually (concept maps)

Daily Test:

Build a 3-layer model (example: explain gravity via metaphor, law, math)

Write a theory-to-application chain (theory → real example)

Days 25–27: Abstract Reasoning

Daily Drills:

Matrix puzzles (pattern grids)

Analogy trees (create analogies from abstract ideas)

Daily Test:

Solve 10 pattern recognition puzzles

Write analogies for 3 scientific concepts

Days 28–30: A Priori

Daily Drills:

Pure logic games (propositional, deductive)

Mental proofs (prove an idea without data)

Daily Test:

Solve 3 logic grid puzzles

Identify hidden assumptions in a short argument

Days 31–33: A Posteriori

Daily Drills:

Observe a scenario and log patterns

Apply Bayesian logic to real-world event (weather prediction, etc.)

Daily Test:

Predict outcome of 3 ongoing events and reflect accuracy

Evaluate a claim with observation-only evidence

Days 34–36: Distillation

Daily Drills:

Summarize 500-word article in 50 words

Use Feynman technique on 1 idea daily

Daily Test:

Teach a complex topic using only analogies

Make a 3-level summary: 1-sentence, 1-paragraph, 1-page

Days 37–39: Metacognition

Daily Drills:

Daily thought journal: What did I learn, how?

Meta-thought breaks: Pause and analyze your thinking every 30 mins

Daily Test:

Audit how you solved 1 hard problem today

Create a "how I think" map

Days 40–44: Application

Daily Drills:

Simulated projects (build a schedule, write code, analyze argument)

Reflective execution (What did I apply? How?)

Daily Test:

Complete a task in unfamiliar domain using learned knowledge

Feedback report: How well did theory translate into action?

Days 45–49: Decomposition

Daily Drills:

Break down tasks into components (e.g., chess into tactics, openings, endgames)

Reverse-engineer a skill (e.g., how is charisma built?)

Daily Test:

Choose 1 skill, deconstruct it in writing

Explain process flow of any daily task (making tea or something.)

Days 50–52: Overall Consolidation

Daily Drills:

Integrate 3 domains (memory + reasoning + application)

Compress notes and build concept webs

Daily Test:

Apply 3 concepts learned in unfamiliar context

Take a 10-min concept quiz blending all domains

Days 53–60: Final Synthesis & Mastery

Drills:

Knowledge blackout test (rebuild key concepts from scratch)

10-min mind map + 10-min oral presentation on random topic

Test every 20 days:

1-hour cumulative problem-solving battle

Build a full model for a problem, abstract to concrete

Teach 3 advanced concepts with zero prep