

DBR LEARNING LAB · PLAYBOOK

Learning Smarter

Use smarter compression, active recall, and layered exposure to turn fast training into durable understanding.

Built for the conversations and decisions that matter most.

Build a practical learning loop that saves time, protects retention, and turns training into teachable field behavior.

01

Read for the signal

Use the original field guidance to identify the few ideas that should change how you work this week.

02

Study the examples

Mark the source language, prompts, checklists, or frameworks that fit your role and audience.

03

Apply with judgment

Keep human oversight in every client-facing decision and verify the facts relevant to your situation.

17

Magazine pages

Designed for screen reading, printing, discussion, and practical field use inside the DBR Library.

Learning Smarter — Infographics, Speed Reading & NotebookLM

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Learning Smarter Infographics vs. Speed Reading, and How to Go Deeper with NotebookLM A conversation summary • June 21, 2026

Part 1 — Is the Infographic Method Actually Faster? The question: Can you get the gist and main concepts of a video in roughly 1/10 the time by having NotebookLM build an infographic of it and studying that — and how does it compare to speed reading?

The short answer Largely yes — for getting the gist. A good infographic strips a slow, linear, filler-padded video down to its core claims and shows how the ideas connect spatially. The 1/10 time estimate is plausible for that purpose, and it tends to beat speed reading.

Where the method genuinely wins • Video is inefficient. Intros, tangents, repetition, and filler get stripped away, leaving the core. • Spatial layout is a real advantage. Seeing how concepts connect at a glance is something neither watching nor speed reading gives you easily. • Compression forces hierarchy. The summarizer must decide what is a main point vs. a detail — exactly the structure good learning needs.

The caveats worth remembering • Only as good as the summary. You are trusting the tool's judgment; it can drop nuance or the “why.” • Gist ≠ learning. Skimming creates a feeling of understanding (fluency) that outpaces real retention. • Content-dependent. Concepts and frameworks compress beautifully; skill demos, nuance, and storytelling lose a lot.

Infographic vs. Speed Reading — the verdict The infographic approach rates higher for most purposes. Speed reading has weak evidence — comprehension drops sharply as speed rises. An infographic doesn't race you through the same text; it restructures the information into a more efficient format. That's smarter compression, not just a faster pass.

Bottom line Use it as a powerful first pass and triage tool — it tells you fast whether a video deserves deeper time and gives you the skeleton. For anything you need to truly master, follow it with one active step: explain it out loud, teach it, or pull the full content on the 10–20% that turned out to matter.

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Part 2 — Going Deeper: Ranking the NotebookLM Outputs
Goal: which Studio outputs and report formats best follow up an infographic to dig deeper — ranked by how much new learning value each adds for genuine retention, not just re-skimming.

Tier 1 — Highest Value (do these) # Output Why / When

Mind Map The natural next step. The infographic shows highlights; the mind map shows structure and relationships — how concepts branch 1 and connect. Turns “I saw the gist” into “I understand how it fits together.”

Quiz Where real learning happens. Forces retrieval, which moves information into durable memory, and instantly exposes the gaps 2 the infographic glossed over. If you add only one thing, make it this.

Flashcards Same retrieval principle, but spaced and reusable over time — 3 and easy to hand to your reps as a team study tool.

Tier 2 — Situationally Valuable # Output Why / When

Study Guide (report) Short-answer questions, essay prompts, and a glossary. Strong 4 for deeper mastery and great raw material for building team training content.

Audio Overview Not for going deeper, but excellent reinforcement during dead 5 time (driving, walking). A second channel that cements concepts.

Briefing Doc (report) The most thorough text capture — key insights and quotes. Good 6 as a reference to return to; denser, so weaker as an active learning tool.

Tier 3 — Low Relevance for Deeper Learning (skip / skip for now) # Output Why / When

Slide Deck / Video Presentation & distribution formats, not learning formats. 7 Overview Redundant with the infographic for your own study — but worth it if you intend to teach this to your team.

Blog Post (report) A publishing output. Make it only to turn the source into content 8 to share externally.

Data Table Lowest relevance here. Only useful when the source is full of 9 structured/comparative data. Conceptual videos have little to tabulate.

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Your core learning loop Infographic → Mind Map → Quiz / Flashcards Everything else is either reinforcement (Audio) or repackaging for teaching others (Slide Deck, Video, Blog) — not for your own deeper understanding. [△regenerate](#) One housekeeping note: the infographic generation failed on your most recent notebook — it before building the mind map off it.

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Part 3 — Reading Faster & Learning Faster: What the Science Says The question: does speed reading offer valuable insights worth keeping — and what other techniques (like mind maps) actually help us learn faster?

Speed Reading — Real Insights vs. Oversold Claims

The claim vs. the science The popular promise — “500+ WPM (or 1,000+) with full comprehension” — is the optimistic end of the truth. The most authoritative review (Rayner et al., 2016) found reading is limited by how fast the brain identifies and understands words, not by the eyes. Past ~400–600 WPM on dense material, comprehension drops sharply even when you feel fine. The dramatic “read a book in 20 minutes” claims aren’t compatible with real understanding — there is a genuine speed/comprehension trade-off you can’t cheat.

What’s genuinely worth taking from it The mechanics are real and useful. If you read at a typical 200–250 WPM, these can move you to a comfortable 350–450 with comprehension intact:

- Reduce subvocalization. The inner voice that “speaks” each word caps you near 400 WPM. Loosen it on easy text (don’t fight it on hard material).
- Cut regressions. Use a finger or pointer as a pacer to stop unconscious backward eye-jumps — one of the few well-supported techniques.
- Widen your visual span. Train taking in 2–3 words per fixation (Schulte tables, peripheral drills).
- Build vocabulary & domain familiarity. The most reliable speed booster of all — the more you already know, the faster you read it with full understanding.

The honest verdict Use speed-reading techniques to fix bad habits and read moderately faster on easy material (email, news, light business reading). For anything you need to truly master, slowing down beats speeding up.

Techniques That Actually Accelerate Learning The biggest wins aren’t about reading speed. The landmark review (Dunlosky et al., 2013) found the popular methods — highlighting, re-reading, summarizing — are low utility. Only two earned a top rating. Here are the techniques ranked by evidence strength:

Technique Evidence What it does

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Field Notes 06

Retrieval practice (active Test yourself instead of reviewing. Forcing recall beats recall) HIGH re-reading by a wide margin. (NotebookLM Quiz / Flashcards.)

Spaced repetition Revisit material at growing intervals (1 day, 3 days, a HIGH week). Combined with retrieval = the gold standard. (e.g., Anki.)

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Technique Evidence What it does

Mind mapping Great for seeing structure & relationships — especially SOLID when you build it yourself rather than just read one.

Feynman Technique Explain it simply, as if teaching a beginner. Where you SOLID stumble is where understanding is thin. Doubles as team content.

Interleaving Mix related topics in one session. Feels harder; SOLID produces better retention and transfer.

Elaboration Ask “why is this true?” and “how does it connect to SOLID what I know?” Turns facts into a connected web.

Dual coding Pair words with visuals (infographic + mind map). Two SOLID memory channels beat one.

Highlighting / re-reading / Popular but weak — they create a feeling of fluency LOW summarizing without durable retention. Use only as a first pass.

How it ties back to your workflow The infographic gives you the gist fast (speed reading's real value — an efficient first pass). Retrieval + spacing + teaching is what converts “I saw it” into “I own it.” For your 11,000 reps, the most scalable move is building retrieval — quizzes, flashcards, and “teach it back” — into training, instead of passive video-watching.

Sources • So Much to Read, So Little Time — Rayner et al., 2016 • Speed reading: a tradeoff between speed and comprehension — MinnPost summary • Testing the Speed-Accuracy Trade-Off in Reading — 2025 • Improving Students' Learning With Effective Learning Techniques — Dunlosky et al., 2013 • Cognitive Train — Speed Reading Training • Speed Reading Lounge — course overview

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At-a-Glance Cheat Sheet Output Priority Use it for

Mind Map Best for seeing structure & connections after the Tier 1 infographic.

Quiz Tier 1 Retrieval practice — the biggest driver of retention.

Flashcards Tier 1 Spaced, reusable recall; great team tool.

Study Guide Tier 2 Deeper mastery + raw material for training.

Audio Overview Tier 2 Reinforcement during commutes / downtime.

Briefing Doc Tier 2 Thorough text reference with quotes.

Slide Deck / Video Tier 3 Only if you'll teach it to the team.

Blog Post Tier 3 Only for external publishing.

Data Table Tier 3 Only for data-heavy sources.

YOUTUBE 1.25x SPEED SETUP GUIDE Two simple browser options your team can install in minutes. A 60-minute training video becomes about 48 minutes.

1.25x 60 min -> 48 min Desktop browser Recommended learning speed Save about 12 minutes/hour Firefox or Chrome

Purpose: Help the team watch YouTube training videos faster without rushing the learning experience. Use 1.25x as the standard setting.

Choose Your Browser **FIREFOX USERS** **CHROME USERS**
Video Speed Controller YouTube Default Playback Speed
Works on YouTube and many other HTML5 video sites. Built to set a default playback speed for YouTube videos. Install link: Video Speed Controller Install link: YouTube Default Playback Speed

Scan or click the link above. Scan or click the link above.

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5-Minute Setup Steps # Firefox: Video Speed Controller
Chrome: YouTube Default Playback Speed 1 Open Firefox on your desktop or laptop. Open Google Chrome on your desktop or laptop. 2 Click the Firefox Add-ons link above or scan the QR code. Click the Chrome Web Store link above or scan the QR code. 3 Click Add to Firefox and approve the browser prompt. Click Add to Chrome and approve the browser prompt. 4 Open or refresh a YouTube video. Open or refresh a YouTube video. 5 Set playback speed to 1.25x and pin the extension to your toolbar. Click the extension and set the default YouTube speed to 1.25x.

Team Standard Default Slow Down Mobile Note Use 1.25x for regular training. Use 1.10x or 1.15x for technical details. These extensions are for desktop browsers, not the YouTube mobile app.

Copy/Paste Message to Share With the Team Team productivity tip: install a video speed extension and set YouTube to 1.25x. A 60-minute training video becomes about 48 minutes, which saves about 12 minutes every hour without making the content feel rushed. Use the Firefox link if you use Firefox, or the Chrome link if you use Chrome. Install once, set the speed to 1.25x, and you are ready to go.

Quick Troubleshooting Nothing changed after installing. Refresh the YouTube tab and start the video again. I do not see the extension. Click the puzzle-piece/extensions icon in the browser toolbar and pin the extension. The speed feels too fast. Use 1.10x or 1.15x for detailed technical videos; use 1.25x for normal training. Does this work in the mobile app? Usually no. These extensions are designed for desktop browsers, not the YouTube mobile app. Safety tip. Install only from the official Firefox Add-ons site or Chrome Web Store links in this guide.

Direct Links Firefox Video Speed Controller Chrome YouTube Default Playback Speed

Source pages checked June 21, 2026: official Firefox Add-ons and Chrome Web Store pages.

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JUNE 26 ADDITIONS: SMART SPEED + LEARNING
MINDSET Tightened concepts from the follow-up conversation

Part 4 — Smart Video Speed: Fast Enough to Save Time, Slow Enough to Retain The practical answer 1.5x is excellent for getting the gist and reviewing familiar material. It is not ideal when every detail matters. For team training, 1.25x is the safest default; use 1.0x-1.15x for technical, compliance, tax, legal, or script-memorization sections.

1.5x 1.25x 1.0x-1.15x Great for review, big ideas, podcasts, Best team default for normal training Use for details, compliance, tax, familiar content videos scripts, and demos

Use Case Recommended Speed Why it works

Familiar review 1.5x You already have the mental folders; speed helps remove filler.

Regular training 1.25x Faster without making the brain feel rushed.

New technical details 1.0x-1.15x The learner needs working memory for the new moving parts.

Scripts / objection handling Normal speed + replay Tone, pauses, wording, and timing matter.

Mission-critical nuggets Pause + rewind Slow down where the money is. Speed up the filler, slow down the fortune.

The 3-bullet retention check After any faster-speed video, ask: 1) What was the main idea? 2) What is one thing I can use? 3) What do I need to clarify? This tiny active-recall step protects retention better than passive re- watching.

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Part 5 — Learning Labels: Confusion Is a Signal, Not a Sentence Core idea When learners repeatedly tell themselves “I am overwhelmed” or “I am confused,” the label can become the lesson. The brain spends energy managing stress instead of processing the material. The better move is not fake confidence — it is a better label.

Old Label Better Learning Label Why it helps

I am confused. I found the gap. Moves the brain from self-judgment to problem solving.

I am overwhelmed. I am sorting too many pieces at Makes the issue temporary and fixable. once.

I do not get this. I do not get this yet. Keeps the learner in growth mode.

This is too much. What is the next piece? Shrinks the challenge into one action.

Everyone else gets it. Everyone learns in layers. Stops comparison from stealing focus.

Trainer language to use live “If this feels over your head right now, that does not mean you are behind. It means your brain has found the next hook. Stay exposed to it, and the pieces will start connecting.”

Trainer note: the goal is to normalize temporary confusion without glorifying confusion. Confusion should be a short stop on the road, not the home address.

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Part 6 — Layered Exposure: Why “Over Your Head” Becomes Clear Over Time The truth for beginners A person does not have to master every detail the first time. The first pass creates familiarity. The second pass creates recognition. The third pass creates connections. The fourth pass becomes confidence.

Pass What is happening in the learner's brain Trainer message

1. Exposure The brain is hearing the language and creating mental “Just catch the big idea today.” folders.
2. Recognition Terms and concepts stop sounding foreign. “You have heard this before — now it starts to land.”
3. Connection The learner begins seeing how the pieces fit together. “Now you can connect this to real prospects and cases.”
4. Ownership The learner can explain it, use it, and teach it. “When you can teach it simply, you own it.”

First pass Second pass Third pass Fourth pass Exposure
Recognition Connection Confidence

The puzzle-piece promise “Do not worry if some of this is over your head this time. You are not failing. You are collecting puzzle pieces. Over time, the picture gets clearer — and eventually you can explain it to someone else.”

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Part 7 — The Team Learning Operating System The simple loop Watch/read fast enough to get the skeleton. Map the structure. Test recall. Teach it back. Apply it in the field. That is how “I saw it” becomes “I own it.”

Step Action Purpose

1. Fast Pass Infographic, 1.25x video, or short summary Get the gist without drowning in details.
2. Structure Mind map or one-page outline See how the ideas connect.
3. Retrieval Quiz, flashcards, or 3-bullet recall Expose the gaps and lock in memory.
4. Teach Back Explain it to a beginner in plain English Turn information into understanding.
5. Field Use Apply it to one prospect, case, or call Convert learning into revenue-producing behavior.

COPY / PASTE TRAINER SCRIPT Use this before advanced trainings or fast-moving videos

Opening script “Today is not about memorizing every word. Today is about building the mental hooks. Catch the big ideas first. The details will stick better after you have a place to put them.”

Mid-training reset “If you feel confused, do not label yourself confused. Say: I found the gap. That gap is exactly what we clarify next.”

Closing challenge “Before you leave, write three bullets: one idea you understood, one thing you can use, and one question you want clarified. That is how passive watching becomes active learning.”

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Expanded Team Standard Situation Team Standard

Normal video training Use 1.25x as the default.

Review / motivation / familiar topics Use 1.5x if comprehension still feels strong.

Compliance, tax, legal, scripts, demos Slow to 1.0x-1.15x and replay key moments.

New learner feels overwhelmed Break the topic into one next piece.

New learner feels confused Rename it: "I found the gap."

After every key training Use the 3-bullet retention check.

Research Anchors to Add to This Learning System • Speed-watching research: faster playback can preserve gist, but important details need pausing, replay, or slower speed. • Cognitive load theory: working memory gets crowded when learners process both the lesson and stress labels like "I am lost." • Growth mindset: adding "yet" keeps difficulty from becoming identity. • Spacing, retrieval, interleaving, and teaching back remain the strongest practical learning moves for team training.

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TURN THE PAGE INTO PRACTICE

The advantage appears when the lesson becomes a habit.

Convert your next training session into one retrieval question, one teaching explanation, and one repeat review.

ONE DECISION · ONE ACTION · ONE BETTER WEEK