# Upgrade Program Knowledge Plan

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## Introduction

This document is part of a series of upgrade plans for every area of your life. It's broadly designed for a single, middle-class, 30-something living in a major city in a developed country.

Please go to "File" > "Make a copy" and make a copy of it for yourself. Then fill it out section by section according to your particular needs and circumstances. Perhaps add sections or items, delete them, change the order, and so on.

Your aim should be to make the plan as applicable and useful to you as possible. You should not follow the plan blindly—think it through for yourself.

Note that this process might be challenging. You might need to teach yourself things you aren't very knowledgeable about yet. You might feel like you need to do preliminary work in a different life area first. That's okay. Figure out broadly what makes sense for you, operationalize that understanding as specific actions in the Actions section, and then do them.

If it feels overwhelming, just start with the parts you find most valuable and do what you can. Tackle the rest over time. It may also help to set aside a dedicated day to work exclusively on this by yourself or with friends. Or you may choose to enlist an UP Coach to co-design and execute this plan alongside you.

## Epistemic Status

This is an overview of how confident the principal author is in this plan.

- Spent ~30,000 hours learning

## Objectives

Decide what objectives you have with this plan and rank them in order of importance. Below are some sample objectives.

1. Decide on subject(s) to master, to what depth, and in what timeframe
2. Educate yourself on chosen subject(s) to your desired depth
3. Demonstrate your acquired knowledge to relevant stakeholders, if needed
4. Build a fully functional exocortex to house your acquired knowledge

## Metrics

Decide what metrics you will use to evaluate the effectiveness of this plan. Also include the frequency in which you'll evaluate those metrics. For example, ad hoc, once, hourly, daily, weekly, monthly, quarterly, annually or per decade. Below are some sample metrics.

- Knowledge Rating: How would you rate your level of knowledge, on a 1-10 scale?
- Number of Learning Hours
- Number of Degrees Earned
- Number of Books Read
- Number of Anki Cards Memorized

## Values

List all of your relevant values and rank them in order of importance. Below are some sample values.

1. Knowledge
2. Truth
3. Discovery
4. Power
5. Status

## Value Analysis

List and then analyze all of the costs and benefits of this plan. Potentially also estimate expected value and/or return on investment. Below is a sample value analysis.

- Time costs: 1 - 50,000 hours
- Financial costs: $0 - $250,000 dollars (e.g., university degrees, postgraduate degrees, books, training, coaching, mentorship, etc.)
- Benefits: $X in extremely large objective and subjective benefits (e.g., financial compensation, emotional well-being, status, etc.)

## Strategies

Decide on your high-level strategies for achieving your objectives. Below are some sample strategies.

*Key People*

- Learn on your own
- Learn in a small group (e.g., ultralearning)
- Learn in an institutional setting (e.g., universities, formal training programs, etc.)
- Learn through private tutors and teachers
- Learn by outsourcing learning to research team and having them teach you

*Key Timings*

- Set aside a set amount of time every day dedicated to learning
- Learn as much as you can over a set period (e.g., one week, one month or one year)
- Learn as much as you can until you reach your desired level of knowledge

## Actions

List the specific actions you will take to achieve your objectives. You should add these tasks to your project management system unless you are choosing to do them now. Below is an example sequence of actions you might take.

1. Describe your mental model of knowledge
   a. Create a visual representation of it from memory without referencing this plan or outside sources of information
   b. Create a new visual representation after thoroughly studying this plan and any relevant sources of information
   c. Pay special attention to the improvements in the second version as incorporating those new insights may be crucial to the success of your plan
2. Finish every section of this plan, including the assessments, tools, and resources below
3. Develop your exocortex
   a. Develop your Knowledge Management System (KMS)
      i. Develop your Knowledge Acquisition System (KAS)
         1. Curate all of your knowledge acquisition channels (e.g., conversations, books, classes, social media, email newsletters, Substacks, etc.) to focus on what's most valuable for you
            a. To find full-text academic papers:
               i. Use Google Scholar

      ii.    Use [ResearchGate](#); if they aren't available, request from the author

      iii.   Use [r/Scholar subreddit](#)

      iv.   Use [Sci-Hub](#)[1]

      v.    Directly request full-text papers from the author via email

      vi.   Do a direct internet search

4. Improve your [cognitive capacities](#)
5. Improve your [learning environments](#)
6. Decide on subject(s) to master, to what depth, and in what timeframe
7. Educate yourself on chosen subject(s) to your desired depth
   a. Determine your learning schedule
   b. Determine your review/testing schedule

## Assessments

List all of the assessments you might take to understand how you're doing compared to your objectives. Below are some sample assessments.

- [General Knowledge Test](#): a measure of how familiar you are with historical persons, events, and things (geared toward U.S. participants)
- [Psychology Replication Quiz](#): a quiz to illustrate how well you understand human psychology by guessing which social science experiments replicated successfully and which did not
- [Scholastic Aptitude Test (SAT)](#): a test to measure verbal, math, and writing skills

## Tools

List all of the tools you might use to achieve your objectives. Below are some sample tools.

- [Academia.edu](#)
- [AnkiWeb Shared Decks](#)
- [Anyplay](#)
- [Audible](#)
- [BeyondPod](#)
- [Blinkist](#)
- [Bunch](#)
- [Castbox](#)
- [Connected Papers](#)
- [COnnecting REpositories (CORE)](#)

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[1] Ensure legal status of use in your jurisdiction

- [Coursera](#)
- [Craft](#)
- [Directory of Open Access Journals (DOAJ)](#)
- [Education Resources Information Center (ERIC)](#)
- [Elsevier](#)
- [EReader Prestigio](#)
- [FactCheck](#)
- [Four Minute Books](#)
- [Google Books](#)
- [Google Scholar](#)
- [Hay House](#)
- [Internet Archive](#)
- [Knowable](#)
- [Libby](#)
- [Library Genesis](#)
- [Mem](#)
- [Moon+ Reader](#)
- [National Center for Biotechnology Information (NCBI)](#)
- [Open Library](#)
- [Open Master's](#)
- [Oxford Academic Journals](#)
- [Podcast Addict](#)
- [Quora](#)
- [Reddit](#)
- [Reddit r/Scholar Subreddit](#)
- [Refind](#)
- [RemNote](#)
- [ResearchGate](#)
- [ResearchHub](#)
- [Roam](#)
- [SciCheck](#)
- [Sci-Hub](#)
- [ScienceOpen](#)
- [Semantic Scholar](#)
- [Snopes](#)
- [Stanford Encyclopedia of Philosophy](#)
- [Storyline](#)
- [The Skeptic's Dictionary](#)
- [Unpaywall](#)
- [UP Assessments](#)
- [UP Cognitive Plan](#)
- [UP Concepts](#)

- [UP Concepts Anki Deck](#)
- [UP Curriculum](#)
- [UP Exocortex Design](#)
- [UP Insights](#)
- [UP Tools](#)
- [Wikipedia](#)
- [YouTube](#)
- [Zotero](#)

## Resources

List all of the resources you might use to achieve your objectives. Below are some sample resources.

- [Astral Codex Ten](#)
- [A Brief History of Everything](#)
- [CrashCourse](#)
- [Farnam Street](#)
- [How to Speed Read Tutorial](#)
- [Khan Academy](#) (UP Top Pick)
- [Kurzgesagt](#) (UP Top Pick)
- [On the Shoulders of Giants: The Great Works of Physics and Astronomy](#)
- [Star Slate Codex](#)
- [Scientific Speed Reading Technique](#)
- [The Knowledge Project](#) (UP Top Pick)
- [Useful Science](#) (UP Top Pick)
- [Wait But Why](#)

## Schedule

Decide on which days you will take which actions. You should add these dates to your calendar now.

- [Date]: Finalize plan
- [Dates]: Execute plan
- [Dates]: Review plan's outcomes

## Predictions

Predict how well you will do in achieving your objectives.

- [Name]: I predict with [X]% confidence that I will [Y] by [Z].
- [Team Member's Name]: I predict with [X]% confidence that [Name] will [Y] by [Z].
- [Team Member's Name]: I predict with [X]% confidence that [Name] will [Y] by [Z].

- Combined: We predict with an average [X]% confidence that [Name] will [Y] by [Z].

## Outcomes

Objectively record how well you achieved your objectives.

- [Date #1]: [Outcomes]
- [Date #2]: [Outcomes]
- [Date #3]: [Outcomes]
- [Date #4]: [Outcomes]
- [Date #5]: [Outcomes]
- [Date #6]: [Outcomes]
- [Date #7]: [Outcomes]
- [Date #8]: [Outcomes]
- [Date #9]: [Outcomes]
- [Date #10]: [Outcomes]

## Notes

Add any random thoughts, questions, and uncertainties you may have.

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