

Learn From Long Videos Faster

3 prompts to turn hours of educational content into useful ideas and actions.

USE THIS RESOURCE TO

Decide what matters, filter it through your current goal, and turn the useful parts into a small number of real actions.

Practical. Minimal. Built to be used.

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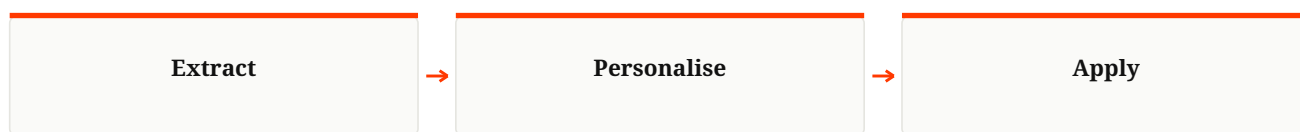
The Problem Is Not Always the Length

Long podcasts, interviews, tutorials and lectures can contain excellent information. The problem is often how we consume them: save them, watch passively, take scattered notes, then forget most of what was useful.

Before consuming a long piece of educational content, ask one question:

"What do I actually need from this?"

This system gives AI three jobs. It helps you find the useful material, connect it to your situation, and turn the best ideas into action.



USE IT FOR

This is not a rule to "never watch long videos again." Full context can matter. Use the system to decide what deserves your attention and where you should go deeper.

Prompt 1 - Extract What Matters

Give the AI the transcript, notes or content you are allowed to use. Ask for structure, not a generic paragraph summary. The goal is to preserve the useful ideas while making the material easier to inspect.

PROMPT 1

I am going to give you the transcript, notes, or content from a long educational video.

Analyse it and extract the **most important ideas, frameworks, arguments, examples, and actionable lessons**.

Do not create a generic paragraph summary.

Instead organise the output into:

1. The 5-10 most important ideas
2. The strongest examples used
3. Any frameworks or step-by-step systems
4. Important claims that should be fact-checked
5. Sections that contain genuinely new or unusually useful information
6. Anything repetitive or low-value that can be safely skipped

Keep enough context that the original meaning is not distorted.

Tip: If the content has timestamps, ask the AI to keep them next to key sections. That makes it easier to return to the original source when something deserves deeper attention.

Prompt 2 - Make It Relevant to My Goal

A useful idea in the video is not automatically useful *to you right now*. This prompt adds your current goal and context so the AI has to prioritise instead of treating every point equally.

PROMPT 2

Now filter those ideas specifically for me.

My current goal is:

[GOAL]

My current situation is:

[CONTEXT]

Tell me:

- Which ideas from the content are most relevant to my goal
- Which ideas I can ignore for now
- What I may be misunderstanding
- What deserves deeper study
- The 3 ideas with the highest potential impact for my situation

Explain why each selected idea matters specifically to me.

Do not assume every idea in the video is relevant.

How to fill the variables

Variable	Make it concrete
[GOAL]	The result you are trying to create now. Example: "Get my first freelance client."
[CONTEXT]	Your actual starting position, constraints and resources. Example: "I have basic video-editing skills, no paying clients and can dedicate five hours per week."

The more honest your context is, the more useful the filtering becomes. Constraints are not a problem here - they help the AI remove advice that does not fit.

Prompt 3 - Turn Learning Into Action

The final job is to reduce the useful information into a small plan. The goal is not to create a giant productivity checklist. It is to identify the few actions that would prove the learning changed something.

PROMPT 3

Using only the most relevant lessons from this content, turn what I learned into a practical action plan.

Give me:

- The 3 most important actions to take
- The order I should take them in
- What I can do in the next 24 hours
- What I should complete within 7 days
- What result or evidence would show that I actually applied the lesson
- One thing I should stop doing or ignore

Keep the plan realistic.

Do not create a giant productivity checklist.

I want the smallest number of actions that produce the greatest practical value from what I just learned.

Example workflow



When You Should Still Watch the Full Video

Summarisation is useful for triage and review, but it can remove nuance. Watch the full source - or the most relevant full sections - when any of the following are true:

- **Nuance matters.** A shortened explanation could change the meaning.
- **You are learning a complex technical process.** Sequence, detail and edge cases matter.
- **Demonstrations are important.** Watching how something is done can be part of the learning.
- **Context changes the meaning.** A quote or claim may only make sense within the wider argument.
- **You are studying academically.** You may need the original source, definitions and evidence rather than an AI interpretation.
- **The creator's examples or storytelling carry useful information.** Those details can be lost in compression.
- **You need to verify an AI-generated interpretation.** Go back to the source instead of trusting the summary blindly.

THE SAFETY CHECK

Think of AI as a filter and study assistant, not the final authority on what the source meant.

The 24-Hour Rule

24 HOURS

If educational content gives you something genuinely useful, apply at least one idea within 24 hours when practical. Otherwise it can become another piece of information you consumed and forgot.

Quick-Use Workflow

Use this page the next time a long educational video lands in your Watch Later list.

- 1 Decide what you want from the video before processing it.
- 2 Get the transcript, notes or source material you are allowed to use.
- 3 Run Prompt 1 and inspect the extracted ideas.
- 4 Run Prompt 2 with a specific goal and honest context.
- 5 Open the original video at any section where nuance, proof or demonstration matters.
- 6 Run Prompt 3 and keep only the three highest-value actions.
- 7 Apply at least one useful idea within 24 hours when practical.
- 8 Save the final actions - not just the summary.

BEFORE YOU CLOSE THE TAB

Goal: _____

Context: _____

One idea I will apply in 24 hours:

The goal is not to consume more information. It is to turn the right information into useful action.

Next time you save a 1-2 hour educational video, run this system before adding it to an endless "Watch Later" list.