

Torah Level Mastery Program - Sefer Bereishis - Parshas Bereishis:

Topics of Seder Bereishis & Learning Schedule:

Topic 1: Creation of the World - Lessons 1-7

Lesson 1: Ch. 1, 1-5 First Day of Creation
 Lesson 2: Ch. 1, 6-8 Second Day of Creation
 Lesson 3: Ch. 1, 9-13 Third Day of Creation
 Lesson 4: Ch. 1, 14-19 Fourth Day of Creation
 Lesson 5: Ch. 1, 20-23 Fifth Day of Creation
 Lesson 6: Ch. 1, 24-28 Sixth Day of Creation
 Lesson 7: Ch. 1, 29-Ch.2,3 End of Sixth Day & The Shabbos

Topic 2: Man in Gan Eden & the First Sin - Lessons 8-15

Lesson 8: Ch. 2, 4-9 Man in Gan Eden
 Lesson 9: Ch. 2, 10-14 The Four Rivers
 Lesson 10: Ch. 2, 15-20 Hashem's Commandment to Adam; Man Names Wildlife
 Lesson 11: Ch. 2, 21-25 Creation of Woman
 Lesson 12: Ch. 3, 1-6 Eating the Forbidden Tree
 Lesson 13: Ch. 3, 7-13 Hashem's response to the sin
 Lesson 14: Ch. 3, 14 -19 Punishments for the sin
 Lesson 15: Ch. 3, 20-24 Banishment from Gan Eden

Topic 3: Kayin & Hevel - Lessons 16-20

Lesson 16: Ch. 4, 1-7 The Offerings
 Lesson 17: Ch. 4, 8-12 Kayin Murders Hevel
 Lesson 18: Ch. 4, 13-16 Teshuva of Kayin
 Lesson 19: Ch. 4, 17-22 Generations of Kayin
 Lesson 20: Ch. 4, 23-26 Death of Kayin; Birth of Sheis & Chanoch

Topic 4: Ten Generations from Adam to Noach - Lessons 21-24

Lesson 21: Ch. 5, 1- 5 First Generation of Adam
 Lesson 22: Ch. 5, 6-14 Second, Third, and Fourth Generations
 Lesson 23: Ch. 5, 15- 24 Fifth, Sixth and Seventh Generations
 Lesson 24: Ch. 5, 25- 32 Eighth, Ninth, and Tenth Generations

Topic 5: Prelude to the Flood - Lessons 25-26

Lesson 25: Ch. 6, 1-4 The 'sons of rulers' & the 'Nefilim'
 Lesson 26: Ch. 6, 5-8 Hashem Decrees the Mabul

WEEK	SUN.	MON.	TUE.	WED.	THUR.	FRI.	SHABBOS
1 JAN. 3-9	Lesson 1	Lesson 2 Review 1	Lesson 3 Review 1-2	Lesson 4 Review 1-3	Lesson 5 Review 1-4	Lesson 6 Review 1-5	Review 1-6
2 JAN. 10-16	Lesson 7 Audio Review 1-6	Lesson 8 Review 7	Lesson 9 Review 7-9	Lesson 10 Review 7-10	Lesson 11 Review 7-11	Lesson 12 Review 7-12	Review 1-12
3 JAN. 18-23	Lesson 13 Audio Review 7-12	Lesson 14 Review 13	Lesson 15 Review 13-14	Lesson 16 Review 13-15	Lesson 17 Review 13-16	Lesson 18 Review 13-17	Review 1-18
4 JAN. 24 -30	Lesson 19 Audio Review 13-18	Lesson 20 Review 19	Lesson 21 Review 19-20	Lesson 22 Review 19-21	Lesson 23 Review 19-22	Lesson 24 Review 19-23	Review 1-24
5 JAN. 31 - FEB.6	Lesson 25 Audio Review 19-24	Lesson 26 Review 25 & 26	Audio Review 1-6	Audio Review 7-12	Audio Review 13-18	Audio Review 19-26	Review 1-26
6 FEB. 7-13	Test on Bereishis	Start Noach					

Torah Level Competency Program

- The goal of the Torah Level Competency Program is to have full comprehension and recall of the entire Tanach.
- This is achieved by 1) understanding the logical sequence of the entire Tanach; and 2) Constant review
- For the first month, this is accomplished through the following steps:
 1. Listening to the audio lessons Sunday thru Friday when new material is presented. Each day's lesson is approximately 15 minutes. Each lesson has a PDF with the Pesukim in Hebrew and review questions. The lesson covers an average of 5 Pesukim daily. **For maximum benefit, you should be looking at the Pesukim as the lesson is being heard.** Each lesson has 1) the Pesukim sung 2 times with the trop (cantillation); 2) a thorough explanation of the Pesukim; 3) The Pesukim sung 2 more times; 4) Questions on the Pesukim - with the answers. The questions are very comprehensive; basic questions are often repeated and developed, tracing the step-by step building of each pasuk. It is not necessary to write the answers; simply read and answer mentally.
 2. For optimum results, **immediately** after the lesson, review the day's lesson 4 times, inside the text, on your own or with a chavrusa (study partner). DO NOT cut these 4 reviews short, even if you feel you know the material already. You will gain speed and clarity with each review. Review Time: 15 minutes.
 3. Spend 15 minutes daily on "**cumulative weekly review**," to solidify your memory of previous Pesukim that you've learned during the week. Every day, at any time, review everything you have learned during the week to the present lesson. Although the amount of Pesukim will expand, it will not take longer, because you will develop more fluency, and have not had enough time to forget it. Time: 15 minutes. Even if you can't learn your full new lesson on a certain day, try **NEVER** to miss your "cumulative weekly review."
 4. Shabbos and Sundays are designated for reviewing everything you have learned in the Parsha so far. The amount of Pesukim you review will grow each week, but it will not take longer, as you will gain greater fluency with each review. The review should be done as follows
 5. On Shabbos, review all the pesukim inside the text 4 times. Time: 30 minutes. 2) Study all the review questions one time. Time: 15 minutes.
 6. On Sunday, listen to the song review tape 1 time of all the Pesukim you have learned during the week. By this time, you will **KNOW** the explanation **as you review** singing the Pesukim. This is the goal of the Torah Level Competency program: fluency and retention. Time: 15 minutes.

To Summarize: You will have learned each day's material once on the audio lesson, 4 more times immediately afterward, and 4 more times on Friday and Shabbos. (in addition to the cumulative weekly reviews) This insures that you have read and understood the text of each pasuk at least 10 times by week's end (as well as the review questions). If this repetition seems tedious and unnecessary, be assured that this method will solidify your memory and understanding of Tanach, and assure your long term retention of the material.

Tests: Test days are scheduled on Sundays after the entire Parsha has been learned. There are 3-5 review days before the Tests. On each day, listen to the audio review for each week and review the questions. Time: 30 minutes. On the Shabbos before the test, review the entire Parsha and review the questions once. Time: 45 minutes. You will have now reviewed all the material at least 12 times inside the text. You will receive a copy of the test late Saturday night. If you have followed this system, you should be able to finish the test in 30 minutes or less. This is a closed book test. Take the test any time on Sunday and e-mail it back to the Rabbi.

Measure Your Success: You will know 30 new Pesukim each week and the entire Parsha within 5 weeks with a total investment of 45 minutes a day.

All audio classes and texts are on our website. There is no cost to join the program. Just e-mail the rabbi at yossi@rogers.com in order to register for the program.

You will need to have a Tanach or Chumash - with **NO ENGLISH TRANSLATION** - open in front of you while you learn. However, we do provide the daily Pesukim you will be learning each day on our website. You will need a Tanach or Chumash for your major reviews on Shabbos and Sunday.