

Torah Level Mastery Program - Sefer Bereishis - Parshas Vayishlach

Topics of Seder Vayishlach & Learning Schedule:

Topic 1 - Yaakov Meets Eisav:

Lesson 175: Ch. 32, 4 - 8	Yaakov Sends Angels to Eisav
Lesson 176: Ch. 32, 9 - 13	Yaakov's Reaction & Prayer
Lesson 177: Ch. 32, 14 - 19	Yaakov Prepares A Gift for Eisav
Lesson 178: Ch. 32, 20 - 24	Final Preparations
Lesson 179: Ch. 32, 25 - 29	Yaakov Wrestles With the Angel
Lesson 180: Ch. 32, 30 - 33	Prohibition About Gid Hanashe
Lesson 181: Ch. 33, 1 - 7	Meeting of Yaakov & Eisav
Lesson 182: Ch. 33, 8 - 14	Discussion Between Yaakov & Eisav
Lesson 183: Ch. 33, 15 - 20	Yaakov & Eisav Part Ways Peacefully

Topic 2 - The Affair of Dinah:

Lesson 184: Ch. 34, 1 - 7	The Rape of Dinah
Lesson 185: Ch. 34, 8 - 12	The Offer of Shechem & Chamor
Lesson 186: Ch. 34, 13 - 18	The Brothers Respond
Lesson 187: Ch. 34, 19 - 24	Circumcision of the City of Shechem
Lesson 188: Ch. 34, 25 - 31	The Destruction of Shechem

Topic 3 - Yaakov Travels Home:

Lesson 189: Ch. 35, 1 - 4	Yaakov Leaves Shechem
Lesson 190: Ch. 35, 5 - 8	Yaakov Arrives in Beis - El
Lesson 191: Ch. 35, 9 - 15	Hashem Changes Yaakov's Name
Lesson 192: Ch. 35, 16 - 22	Birth of Binyomin & Death of Rachel
Lesson 193: Ch. 35, 23 - 29	Yaakov Comes Home

Topic 4 - Lines of Eisav, Sair, and Edom:

Lesson 194: Ch. 36, 1 - 8	Eisav Moves to Sair
Lesson 195: Ch. 36, 9 - 19	Descendants of Eisav
Lesson 196: Ch. 36, 20 - 30	Descendants of Sair
Lesson 197: Ch. 36, 31 - 43	Kings of Edom

WEEK	SUN.	MON.	TUE.	WED.	THUR.	FRI.	SHABBOS
1 DEC. 4 - 10		Lesson 175	Lesson 176 Review 175	Lesson 177 Review 175 -176	Lesson 178 Review 175 -177	Lesson 179 Review 175 - 179	Review 175 -179
2 DEC. 11 - 17	Lesson 180 Review 175 - 179	Lesson 181 Review 180	Lesson 182 Review 180-181	Lesson 183 Review 180 - 182	Lesson 184 Review 180-183	Lesson 185 Review 180-184	Review 180-185
3 DEC. 18 - 24	Lesson 186 Review 180-185	Lesson 187 Review 186	Lesson 188 Review 186-187	Lesson 189 Review 186-188	Lesson 190 Review 186-189	Lesson 191 Review 186-190	Review 186 - 191
4 DEC. 25 - 31	Lesson 192 Review 186 - 191	Lesson 193 Review 192	Lesson 194 Review 192 - 193	Lesson 195 Review 192 - 194	Lesson 196 Review 192-195	Lesson 197 Review 192 -196	Review 192 - 197
5 JAN. 1-7	REVIEW 1-55	REVIEW 56 - 110	REVIEW 111-148	REVIEW 149 - 161	REVIEW 162 - 174	REVIEW 175 - 188	REVIEW 189 - 197
	TEST ON 8 PARSHIYOS						

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 1 time with the trop (cantillation); 2) a thorough explanation of the Pesukim; 3) The Pesukim sung 1 more time; 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 Shabbos & Sunday. (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 2 weeks of review before the Tests. The first week reviews the entire new Parsha. The second week reviews all 4 Parshiyos. 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 an open 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.