

SESSION PREVIEW

Goals:

Date: \_\_\_\_\_

Duration: \_\_\_\_\_

Location: \_\_\_\_\_

Type of Learning:

☐

Reading Docs

☐

Coding

☐

Planning

☐

Reviewing

Technique:

☐

Pomodoro

☐

Deep Work

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Other

What Did You Learn?

What Went Well?

What Could You Improve?

How Will You Teach This Information?

Date to Revisit: \_\_\_\_\_

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