

My main takeaway from the entire course is that I need to start using pomodoro, but to break it down, the first section focused on alternative learning. After focused learning, I should diffuse by doing something relaxing. Doing a little at a time helps keep the information in our memories and away from the “vampires.” This repletion creates patterns and because patterns are more memorable, it helps information be stored into long term memory. The second section focused on chunks. One should start on the basics and then recall the material before moving onto more difficult topics. This helps create clusters of easier digestible information or “chunks.” These chunks of information bind together to create bigger chunk that then become more complex. Although complex, because the information is continuously being recalled, it becomes easier to understand. This can be built with attention, understanding and practice.

The third section focused on memory and procrastination. We procrastinate because difficult topic makes us feel uncomfortable. So, people tend to do something to make them happy. This causes the “zombie mode,” when because of the cues, they fall into bad habits like a zombie repeating the same actions. A good way to overcome this is by focusing on the process rather than the product. Meaning focus on the journey rather than the destination. We should start by creating a plan and sticking to it. This is reinforced by using the pomodoro technique which is using a timer to focus on a specific task and then once the timer goes off, a period of rest. Make sure to include a reward for sticking to the task.

The final section focused on the mind and body. Make sure to relax and do breathing exercises to relieve stress. Also exercising the mind and body are both important. Like exercising the body builds muscles; practicing, repeating, and recalling exercises the mind which helps with neuron renewal. Finally, sleep is very important. Throughout the day, the mind produces toxins

and with anything, toxins are bad for the body. Sleep is needed because it not only flushes those toxins out the body, but it helps reorganize one's thoughts.