

# Make It Stick

- by Brown, Peter C.

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“While practicing is vital to learning and memory, studies have shown that practice is far more effective when it’s broken into separate periods of training that are spaced out. ”

loc 682-683 | Friday, March 3, 2023 10:05:03 AM

“Practice that’s spaced out, interleaved with other learning, and varied produces better mastery, longer retention, and more versatility. ”

loc 684-685 | Friday, March 3, 2023 10:05:18 AM

“Monitoring your own thinking is what psychologists call metacognition ”

loc 1503-1503 | Wednesday, January 26, 2022 10:45:08 AM

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loc 1924-1925 | Wednesday, January 26, 2022 4:12:30 PM

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