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Write about something you have discovered about yourself - through your study of physics, related to physics and the following questions, or none of the following questions, or none of the following questions.

A) Have you realized something about approaches or strategies that help you to learn better? Understa

You do not need to answer any one of these questions. They are merely food for thought.

- B) Have you discovered something about how to motivate yourself to take on challenge and to work through
- C) Have you come up with any ideas for techniques that you would like to try to help yourself learn fa
- D) Are there any techniques of visualizing and framing concepts that you have discovered or improved \mathbf{u}_{i}
- E) Are there any revelations that you have made that help you to learn and understand physics much eas Physics class has actully deeply impacted the way I go about learning.