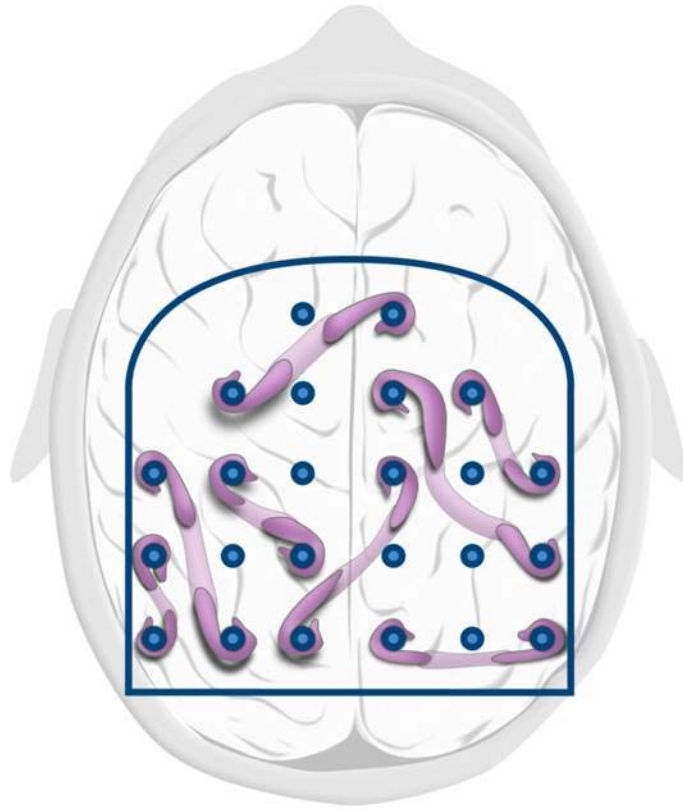


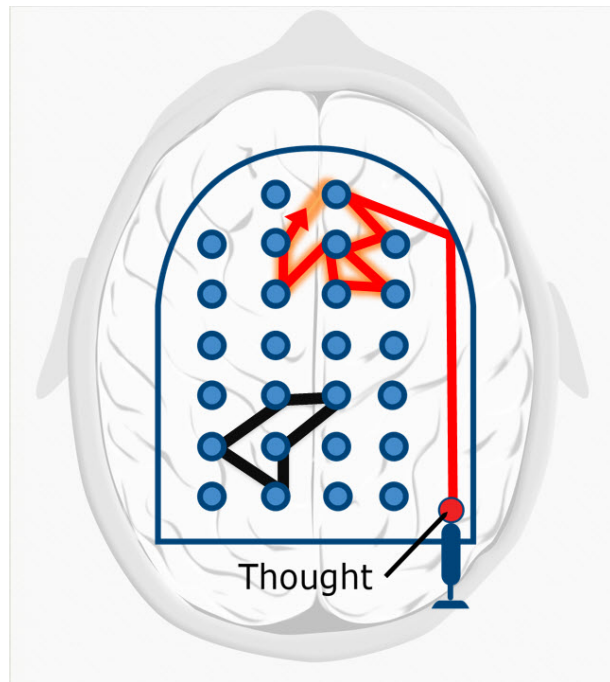
4-6: Hard start jump to easy

By Barbara Oakley, PhD

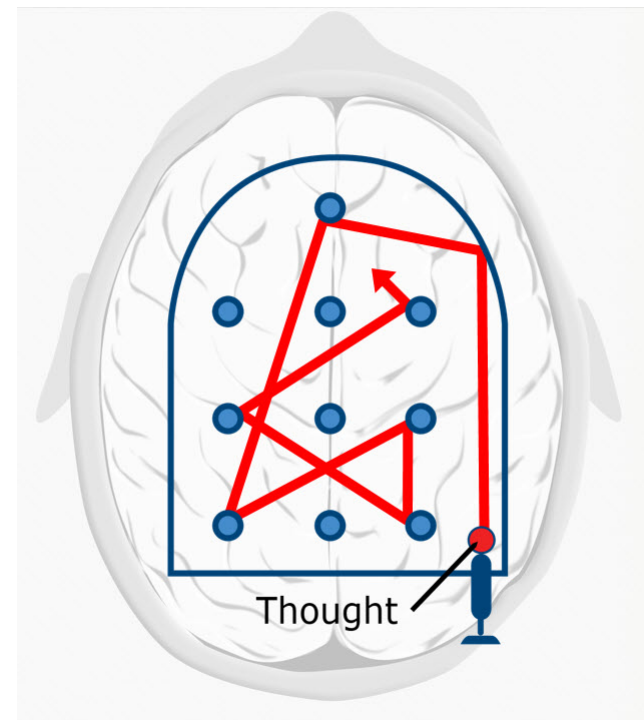




- Hard-start-jump-to-easy technique



Focused mode



Diffuse mode

Hard start – jump to easy



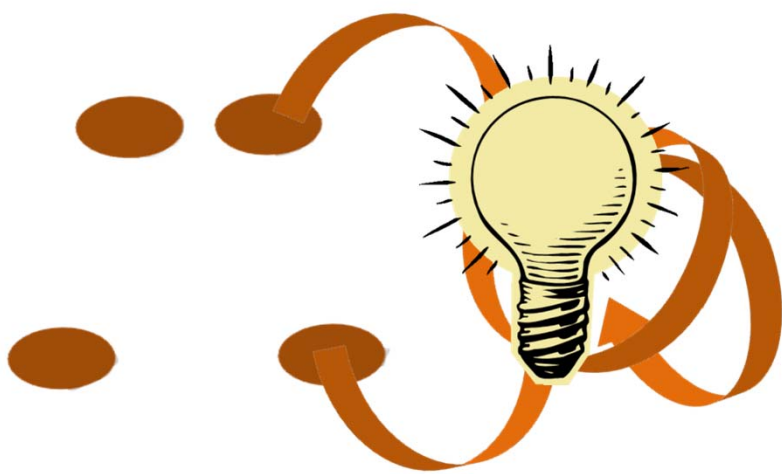


Illustration credits

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- Zombie ©Kevin Mendez, 2014.
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- Neural ribbons ©Barbara Oakley
- Clip art courtesy Microsoft Corporation

Relevant readings

- Oakley, Barbara (2014). *A Mind for Numbers: How to Excel at Math and Science (Even If You Flunked Algebra)*. New York, NY: Penguin-Random House. See in particular chapter 17.