## Where do you go from here?

Learning about how we learn allows us to make informed decisions about our own learning activities. This chapter covered a number of concepts, and more than likely a few may have sparked a deeper interest in you. Hopefully these will be things you will choose to explore further. If you would like to learn more, choose from any of the topics covered in this chapter or from those in the list below.

1. More details about the growth mindset
2. Additional strategies for overcoming negative bias
3. The influence of grit as a personal trait
4. Uses and Gratification model as a structure for understanding our daily decisions