Focused and Diffused modes

Asking questions (Active engagement > passive listening)

Only 4 slots of memory but keep repeating to hold it in memory

Working (blackboard) vs Long term (warehouse)

Use space repetition to store it

Must SLEEP and exercise

Week 2

Chunks

-unite information through meaning

Must do it yourself

Best built with focused attention, understanding of basic idea and practice

Recall

-after you read the material, simply look away and see what you can recall

-better than concept diagrams

-must do your own solutions

-try to recall in a different setting

Illusions of competence

Mini testing

Value of making mistakes

Overlearning

-keep repeating after you learned it, might be a waste to time

Deliberate Practice

-practicing more difficult stuff

Einstellung (mindset)

-initial thought or a pattern you already developed blocks a new way of thinking

Interleaving

-use the basic learning to other technique

Week 3

Pomodoro to help with procrastination

Habits

1. cue
2. routine
3. Reward
4. belief