

POLYGON Project: Session 0

Plan and Mindset

Linh

2023-04-06

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- Phases
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- Timetable
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Mindset

Charles Kettering

"You can't have a better tomorrow if you are thinking about yesterday all the time."

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Plan

Period 1:

- **Time:** 06/04 - 15/05
- **Main action:** Establish an firm understanding in logical and critical thinking

Period 2:

- **Time:** 17/05 - 25/05
- **Main action:** Do real exams with realistic situation as most as possible to adapt the mentality.

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Priorities

Priority 1:

- mathematical thinking: logic and reasoning
- reading skill

Priority 2:

- basic biology problems
- physics reading

Priority 3:

- history fun facts
- economic geography

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Expectation

Have-to

- Can actually think and have basic logical thinking
- Have an idea about other fields of sciences
- Know how to read

Extra

- Develop self-study mindset
- Grow up and Have confidence

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Mon and Tue: logical mathematics

- **Learn** logical mathematics (expected 1h30)
- Start **reading** a VN article (discuss on Saturday) (self-study)
- **Discuss** about History and Geography article (expected 1h)
- **Solve** 2 riddles on Ted-Ed (expected 30min)

Wed and Thu: english and social sciences

- **Practice** English reading and mindset (1h)
- **Discuss** about Physics and Biology (1h)
- **Read** articles about History and Geography (self-study)

Fri and Sat: natural sciences

- **Learn** Biology and Physics (1h)
- **Discuss** about Literature (30min)
- **Read** articles about History and Geography (self-study)

Sunday

Send Linh a report file (GG Doc recommended) at least 200 words.
The report should includes:

- What you learned through the week, detailed as most as possible
- Your weaknesses and your thought to potentially improve those
- Your expectations about next week, what you can achieve and improve

Recommended routine

- 5:30: Wake up, have a walk, **have breakfast** and go to school
- 11:30: **Have lunch and Have a small nap**
- 13:00: Study
- 18:30: **Have dinner** and take a shower
- 19:30: Self-study and Have a lot of light snacks
- 22:00: Brush teeth and **Go to bed**

Habits

SHOULD

- Delete Facebook, Tiktok,...
- Focus on your goal
- Work and Life balance
- Take advantage of death time

NO

- Spend hours on social media
- Gossip with friends
- Overthinking
- Stay up late

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Second Period: Smashing the exam

Not necessarily mention now. But the philosophy of this period is for you to have a mentality. You should know how to adjust the time for the exam and practice your body to have a firm focus at that time.