

G

T

G

T

5

E

5

N

O

N

O

O

S

O

G

T

G

T

5

E

5

N

O

N

O

O

S

O

G

T

G

T

5

E

5

E

S

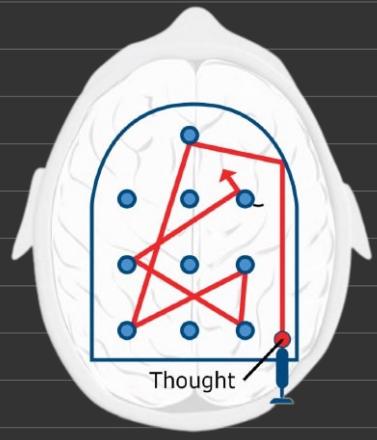
E

S

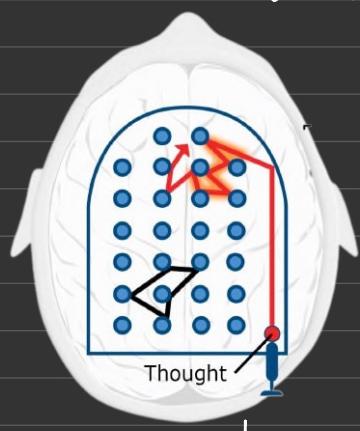
E

Diffuse Mode -

A relaxed state of mind that allows for creative problem-solving and innovative thinking.



- Focused Mode



This is a mode of thinking where you concentrate intently on something you're trying to learn or to understand. It is represented by closely placed bumpers in the pinball analogy, allowing for smooth and direct thought process along familiar neural pathways.

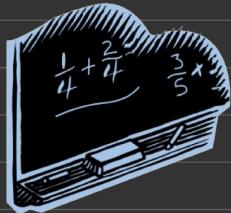
Condensing key Ideas -

The process of simplifying complex concepts or information into more manageable and understandable forms.

Active Engagement -

The process of fully involving oneself in a learning activity, as opposed to passive listening.

- Working Memory



The part of memory that has to do with what you're immediately and consciously processing in your mind. It is centered out of the prefrontal cortex and can hold about four chunks of information.

Chunking -

A method of breaking down complex information into smaller, manageable units ('chunks'), making it easier to understand and remember.

- Multitasking

The ability to perform more than one task at the same time.

Pomodoro Technique -

A time management method developed by Francesco Cirillo in the early 1980s. It involves setting a timer to 25 minutes, turning off all interruptions, and focusing on the task at hand. After the time is up, you reward yourself with a short break.

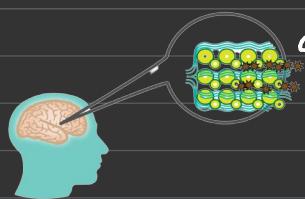
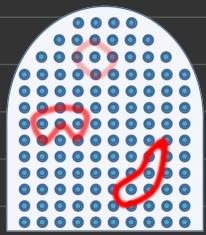


Mnemonics -

Memory aids that help you remember information. In language learning, mnemonics can be used to create associations between words in your native language and words in the learning language.

- Memory Consolidation -

The process in which our brains convert short-term memories into long-term



ones. This process can be influenced by factors such as sleep and repetition.

Spaced Repetition -

A technique that involves repeating what you're trying to retain over a number of days. This helps to move information from working memory into long-term memory.

| | | | | | | |
|------------|-------------|---------------|--------------|--------|--------------|------------|
| Monda y | Tuesda y | Wednesda y | Thursda y | Friday | Saturda y | Sunda y |
|------------|-------------|---------------|--------------|--------|--------------|------------|

- Powers of Ten Exercise -

A method of problem-solving that involves zooming in and out of a problem to gain different perspectives and a better understanding of the problem's scope. This method can be used to enhance creativity.