

TIPS

MOTIVATION

- Focus on intrinsic motivators
- For boring stuff, internalize external motivation
 - Sense of self > Tied to a goal > Guilt > Sticks/carrots

SELF-REGULATION

- Set goals and make plans
- Consider accountability (to self > to others)
- Pomodoro technique
- Action-triggers (“If..., then...”)
- WOOP (Wish, Outcome, Obstacles, Plan)
- Minimize distractions
 - Have plans to overcome distractions
- Mapping your time
 - Eisenhower Matrix

STUDY MATERIALS

- Pick a primary book and supplement it
- Consider paper > screen

STUDY STRATEGIES

- Strategies for robust Encoding
 - Concrete examples (transfer)
 - Elaboration
 - Minimize: ~~highlighting/underlining,~~
~~immediate summarization~~
- Strategies to bolster Retrieval
 - Retrieval
 - Spacing
 - Interleaving
 - Minimize: ~~mnemonics, re-reading~~
- “Leitner” system