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10 KEY PRACTICES



encoding

Reframe Failure.



Be transparent about why difficulties are necessary.

Teach with the end in mind.



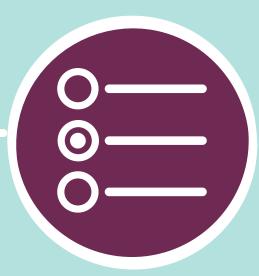


Don't forget about exercise, sleep & music!



Ineffective learning & Re-reading.

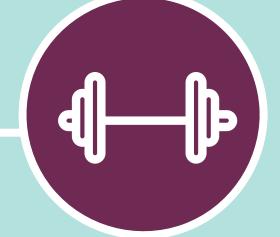
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Retrieval strengthens learning.

Spacing out learning strengthens learning.





Don't make learning as easy.

Keep them at the edge of their mastery.



Don't suppress the social brain--use it!

techniques: Highlighting

retrieval





Institute for Applied Neuroscience