Worksheet 4.1: Adaptive Learning Weekly Sheet

Companion to Elastic Intelligence, *Chapter 4*

Name: _____ Date: _____

How to use: Plan and review one week of learning using the Adaptive Learning Operating System (Chapter 4).

Day	Learning target	Desirable-difficulty task	Retrieval practice	Feedback source	Reflection (1 line)
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					

Something I chose not to learn this week (strategic ignorance), and why:

A curiosity question I want to follow next week:

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