For each topic write something familiar, something new, something that excited you and something you don’t want to forget.

1.) How we think: How we encode things in our brain. Pattern Recognition, Encoding, Problem Solving, Conclusion

Brain is happy at conclusion of a problem solved and we need to train it go further through Reflection and Create and Design.

2.) Learning Continuum: The whole topic was new to me and need to spend some more time learning it. The process of learning did make sense and cleared it up

3.) Growth Mindset: Perfectionism causes paralysis by analysis. Growth Mindset = Action

4.) Talent Myth: Read Matt Syed; Bounce. Success = coaching and practice and your exposure to them

5.) Cognitive Load: Ability to participate or execute a number of tasks at a given time. Understand/Recall/Execute Instructions

Each task has a specific cognitive load on the body.

Tasks you are good out = low cognitive load

New or stressful = high cognitive load