

RELEVANT READING ETC.

STUDYING EFFECTIVELY

Strengthening the student toolbox: effective strategies for learning. John Dunlosky
<http://files.eric.ed.gov/fulltext/EJ1021069.pdf>

MEMORY

The critical role of retrieval practice in long-term retention
http://lrc.cornell.edu/events/Papers_13/Haarman5.pdf

The power of testing memory

<http://isites.harvard.edu/fs/docs/icb.topic951136.files/powerOfTestingMemory-roedigerKarpicke.pdf>

Increasing retention without increasing study time

<http://escholarship.org/uc/item/6061k9j5#page-1>

Memory consolidation and reconsolidation: what is the role of sleep? Stickgold R. and Walker, M (2006) *Trends in Neurosciences*, 28 (8) p408

<https://itb.biologie.hu-berlin.de/~kempter/HippoJC/Articles/stickgold05.pdf>

Routes to remembering: the brains behind superior memory

<http://www.nature.com/neuro/journal/v6/n1/full/nn988.html>

INTERLEAVING

The effects of interleaved practice

<http://uweb.cas.usf.edu/~drohrer/pdfs/Taylor%26Rohrer2010ACP.pdf>

Using spacing to enhance diverse forms of learning

<http://files.eric.ed.gov/fulltext/ED536925.pdf>

SLEEP

Quiet! Sleeping brain at work, Robert Stickgold and Jeffrey M. Ellenbogen, *Scientific American Mind* 19, No 4 (2008): 22-29

CHUNKING

Robin Scott, "The 30 Second Habit That Can Have a Big Impact On Your Life," Feb 18, 2014, *The Huffington Post*. This is actually a wonderful article on chunking!

Richard Wiseman, "Be lucky - it's an easy skill to learn," *The Telegraph*, Jan 9, 2003. Yes, Lady Luck DOES favour some--and for a reason!

Gobet, F., and G. Clarkson. "Chunks in Expert Memory: Evidence for the Magical Number Four... or Is It Two?". *Memory* 12, no. 6 (2004): 732-47.

EINSTELLUNG AND OVERLEARNING

Bilalić, M., McLeod, P., & Gobet, F. (2008). Why good thoughts block better ones: The mechanism of the pernicious Einstellung (set) effect. *Cognition*, 108(3), 652-661. doi: 10.1016/j.cognition.2008.05.005

Where good ideas come from: the natural history of innovation by Steven Johnson
<http://s3.amazonaws.com/ebsp/pdf/wheregoodideasfrom.pdf>

PROCRASTINATION

Interactive resource on tackling procrastination
<https://www.escholar.manchester.ac.uk/learning-objects/mle/packages/counselling/procrastination/>

Self-help Procrastination Workbook available as free download
<https://www.escholar.manchester.ac.uk/learning-objects/mle/packages/counselling/procrastination/>

The pomodoro technique
http://www.mindtools.com/pages/article/pomodoro-technique.htm?utm_source=nl&utm_medium=email&utm_campaign=09Sep14

Free Pomodoro apps
<http://www.makeuseof.com/tag/3-free-pomodoro-productivity-apps/>
<https://gigaom.com/2010/11/10/9-free-pomodoro-timers/>
<http://tomato-timer.com/>
<http://www.pomodoroapp.com/help/pomodoro-timer-for-windows-7/>

Manage your mind Gillian Butler and Tony Hope (OUP 2nd Edition): see chapters 5,6,7,10,20

Do it Tomorrow (and other secrets of Time Management) Mark Forster (Hodder & Stoughton)

Isn't it about time? How to overcome procrastination and get on with your life Andrea Perry (Worth Publishing)

The Procrastinator's Guide to Getting Things Done Monica Ramirez Basco (Guildford)

The now habit
<http://experiencelife.com/wp-content/themes/expb3/images/PDFs/PhilosophersNotes-PDFs/30-the-now-habit.pdf>

The power of habit
Duhigg, Charles. *The Power of Habit*. NY: Random House, 2012.

Bilalić, Merim, A. Kiesel, C. Pohl, M. Erb, and W. Grodd. "It Takes Two—Skilled Recognition of Objects Engages Lateral Areas in Both Hemispheres." *PLoS ONE* 6, no. 1 (2011): e16202.

EXERCISE AND LEARNING

http://well.blogs.nytimes.com/2013/08/07/how-exercise-can-help-us-learn/?_r=0

<http://www.additudemag.com/adhd/article/7972.html>