

- ✓ **A** is for analogy : finding the general principle
- ✓ **B** is for belonging : silencing anxiety and buying in
- ✓ **C** is for contrasting cases : discerning critical information
- ✓ **D** is for deliberate practice : becoming an expert
- ✓ **E** is for elaboration : making memories meaningful
- ✓ **F** is for feedback : supporting self-improvement
- ✓ **G** is for generation : building lasting memories
- ✓ **H** is for hands on : recruiting the body's intelligence
- ✓ **I** is for imaginative play : developing cognitive control
- ✓ **J** is for just-in-time telling : making lectures and readings work
- ✓ **K** is for knowledge : essay on efficiency and innovation in knowledge
- ✓ **L** is for listening and sharing : learning more together than alone
- ✓ **M** is for making : producing interest and practical knowledge
- ✓ **N** is for norms : cultivating the rules of the game
- ✓ **O** is for observation : imitating feelings and procedures
- ✓ **P** is for participation : getting into the game
- ✓ **Q** is for question driven : creating a reason to inquire
- ✓ **R** is for reward : motivating behavior
- ✓ **S** is for self-explanation : going beyond the information given
- ✓ **T** is for teaching : taking responsibility for others' understanding
- ✓ **U** is for undoing : overcoming misconceptions and misplaced reasoning
- ✓ **V** is for visualization : inventing structure for complex information
- ✓ **W** is for worked examples : acquiring skills and procedures
- ✓ **X** is for eXcitement : turning up attention and arousal
- ✓ **Y** is for yes I can : increasing self-efficacy
- ✓ **Z** is for ZZZs : consolidating the memories of the day.



