

How I Tricked My Brain to be Addicted to Studying

Name: _____

This video can be found at: <https://www.youtube.com/watch?v=lEHt8m61hSg>

After watching the video, answer the following questions:

- 1. Why is it important to track your progress as you learn something new?

- 2. Especially if you are uncertain about something, why should you get feedback from others?

- 3. What is the Super Mario Effect?

- 4. Why should we break down high-risk goals into low-risk, high-reward goals?

- 5. What did you find most important about the video?
