



Learn Like A Genius

Gregg Goodhart, The Learning Coach

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Learn Like A Genius YouTube

www.youtube.com/channel/UCc9LSycg7J0DmFZOEwdTUOA

The Art And Science Of Practicing FB Group

www.facebook.com/groups/1234149963385549/

Using Brain Science for Accelerated Skill Development

Contextual Interference

There is a lot of information on this regarding many different domains if you search the term.

This article is not too long and a great read.

Making things hard on yourself, but in a good way, Bjork and Bjork

Bjork, E. L., Bjork, R. A. (2011). Making things hard on yourself, but in a good way: Creating desirable difficulties to enhance learning. In M. A. Gernsbacher, R. W. Pew, L. M. Hough, & J. R. Pomerantz (Eds.), *Psychology and the real world: Essays illustrating fundamental contributions to society*. (pp. 55-64) New York, NY: Worth.

https://bjorklab.psych.ucla.edu/wp-content/uploads/sites/13/2016/04/EBjork_RBjork_2011.pdf

The website for their research with many resources including video interviews.

<https://bjorklab.psych.ucla.edu/research/>

Helpful reading

The Little Book of Talent, Daniel Coyle

Coyle, D., *The little book of talent*. (2012). New York, NY: Bantam; Random House.