



# Deliberate practice

One challenging problem, which expands students' concepts taught in class is better than many low level repetitive exercises.



**GROWTHMINDS**

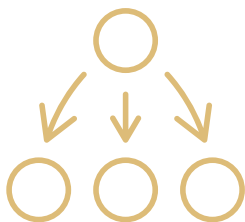


# Desirable difficulty

Working through problems is how we learn. If it is easy, you don't learn.



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# Multiple exposure

Multiple opportunities to encounter, engage with, and elaborate on new knowledge and skills.



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