Cover Sheet

An overview of the project:
A fictional agony aunt letter that highlights some problems faced while learning and how to overcome them

Explanation on how this project can be useful in the project author's life:
Topics discussed in this project can give us new insights and can be useful for those of us who are having a hard time learning new subjects

Key topics from the course that this letter highlights are:
- Procrastination
- Key techniques proven by research to help students learn (Pomodoro, spaced repetition, recall, testing)
- Illusions of learning (rereading, excessive highlighting, cramming)
- Habits
- Product vs process
- Working memory, Long-term memory

Note: External references and citations were used by the project author in explaining the key concepts in this project. However, since this project takes on the format of an agony aunt letter, it does not include any citations or references.