

# BESSER LERNEN

## METHODEN & TIPPS

### Motivation



- Eat The Frog First
- Visionboard
- 5-Minuten-Methode
- Belohnungsmodell

### Konzentration



- Pomodoro
- Lerngruppen
- Richtige Playlist
- Handyfreie-Zone

### Lernen



- Active Recall
- Spaced Repition
- 5-10-15 Methode
- Blurting

### Psyche



- Pausen machen
- gesunde Snacks
- genug schlafen
- Atemtechnik

# BESSER LERNEN

## CHECKLISTE



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