

# Worksheet 4.1: Adaptive Learning Weekly Sheet

*Companion to Elastic Intelligence, Chapter 4*

Name:  Date:

**How to use:** Plan and review one week of learning using the Adaptive Learning Operating System (Chapter 4).

| Day | Learning target      | Desirable-difficulty task | Retrieval practice   | Feedback source      | Reflection (1 line)  |
|-----|----------------------|---------------------------|----------------------|----------------------|----------------------|
| Mon | <input type="text"/> | <input type="text"/>      | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| Tue | <input type="text"/> | <input type="text"/>      | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| Wed | <input type="text"/> | <input type="text"/>      | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| Thu | <input type="text"/> | <input type="text"/>      | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| Fri | <input type="text"/> | <input type="text"/>      | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| Sat | <input type="text"/> | <input type="text"/>      | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| Sun | <input type="text"/> | <input type="text"/>      | <input type="text"/> | <input type="text"/> | <input type="text"/> |

**Something I chose not to learn this week (strategic ignorance), and why:**

**A curiosity question I want to follow next week:**