Handout 2-D: Strategy Toolkit Card

End-of-week wrap-up · about 15 minutes

This card is your personal toolkit for the rest of the course. Choose three strategies from this week, tie each one to a challenge you named in Handout 1-A, and decide exactly when you'll use it. Specific beats ambitious: "after each lecture, for 10 minutes" is better than "I'll use retrieval practice."

Strategy	Challenge it targets (from Handout 1-A)	Specific use-case	When and how often	First use (date)
1	…	…	…	…
2	…	…	…	…
3	…	…	…	…
One thing I'm dropping or doing less	…	…	…	…

This card and your Handout 2-B schedule are the two things from Week 2 that go into your capstone.

Options

A typed table, an index card per strategy, or a voice memo for each row.

Worked example

Strategy	Challenge it targets	Specific use-case	When and how often	First use (date)
1. Blank-page retrieval	I re-read and think I know it	Biology lectures	10 minutes after each lecture	Tuesday
2. Day 1 / 3 / 7 spacing	I cram the night before	Statistics exam	Re-run the schedule before each exam block	This Sunday
3. SQ3R	I lose focus after 20 minutes of reading	Psychology chapters	One chapter a week, a section at a time	Monday
One thing I'm dropping or doing less	Highlighting whole pages	—	—	—