

## Graduate Physics Society

# The Study Routine of Learning Champions

**Speaker: Dr. Bob DuBois**

**Associate Director of Undergraduate Studies and Lecturer in Psychology**



### **Abstract:**

Using the metaphor of a challenging mountain bike journey in the Smoky Mountains, learn about the key principles that will help you to learn (THINK, SPACE, TEST), stay motivated (GRIT, GROWTH MINDSET, SELF-CONTROL), be productive (CAPTURE, CLARIFY, PLAN), and still manage to have fun during your time at UTK.

**Physics & Astronomy Colloquium**

**03/15/2021 at 3:30 PM**

