



## Examples of topics covered

Sequencing examples  
Variation theory  
Detangling similar concepts  
Teacher expertise paradox  
Fuzzy feedback loop  
Habit inertia  
Willpower is over-rated  
Knowing-doing gap  
The power of belonging

Routines redeploy attention  
Interruptions leave a wake  
Means-end conflation  
The valley of potential  
Consistency before challenge  
Unconscious norms  
Amplify desirable behaviour  
Norm bleed  
Reduce extraneous load

Eliminate distractions  
Mind your modes  
Psychological safety  
Trust is earned  
De-implementation  
Cultivating common ground  
Screen inferiority  
Smartphone attention tax  
Digital amnesia

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