

	Learning gap	Decisions	Action	Feedback
B1 Principles of Virtuous/Lifelong Learning	■			
B2 Self-awareness	■			
B3 Self-diagnosis: Learning Attitude	■	■	■	■
B4 Learning Report and Contract		■	■	■
B5 Study Strategies and Learning Styles		■	■	■
B6 Memory and Mind Maps		■	■	■
B7 Concentration		■	■	■
B8 Good Time Management		■	■	■
B9 Procrastination		■	■	■
B10 Study Planning: Week		■	■	■
B11 Study Planning: Semester		■	■	■
B12 Health and Energy Balance		■	■	■
B13 Generating and Receiving Feedback			■	■
B14 Learning Contract II: Peer Feedback				■