

Microlearning

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A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

- ⁰¹ **Apply the 5-minute constraint**

Take any skill you are learning right now and restrict your next session to exactly 5 minutes, focused on exactly one concept. The constraint forces clarity you did not know you needed.

MON TUE WED THU FRI SAT SUN

- ⁰² **Build a spaced review schedule**

After learning something new, schedule three follow-up reviews: tomorrow, in 4 days, and in 2 weeks. Put them in your calendar right now, before you forget.

MON TUE WED THU FRI SAT SUN

- ⁰³ **Test the single-objective rule**

Before consuming or creating any learning content, finish this sentence: After this, the learner will be able to _____. If you cannot finish it cleanly, the lesson is not ready.

MON TUE WED THU FRI SAT SUN

- ⁰⁴ **Identify your flow-of-work moment**

Find one recurring point in your day where a 3-minute micro-lesson would land perfectly - before a standup, during a commute, between tasks. Make that your daily learning slot.

MON TUE WED THU FRI SAT SUN

- ⁰⁵ **Attempt retrieval before you are ready**

After learning something new, close your notes and attempt a practice question within 10 minutes. The struggle is the learning. Discomfort means encoding.

MON TUE WED THU FRI SAT SUN

- ⁰⁶ **Redesign one long training**

Pick one course or training session in your life. Break it into 5-minute segments, each with a single objective. Compare the completion rate and retention of the result.