

WEEK 1: WHEN DO I START IT?

WEEK 2: HOW CAN I ORGANISE IT?

WEEK 3: HOW DO I REPEAT IT?

WEEK 4: HOW CAN I PERSEVERE WITH IT?

FINAL RUN: HOW CAN I COMPLETE IT?

EVERY WEEK IS DEDICATED TO ONE TOPIC

EASY TO READ

EXPLAINS THE PSYCHOLOGY BEHIND THE LEARNING

EMPOWER YOUR BRAIN

SETS YOUR DAILY TASK TO BE ACCOUNTABLE

HOW ARE YOU INFLUENCED BY YOUR FRIENDS?

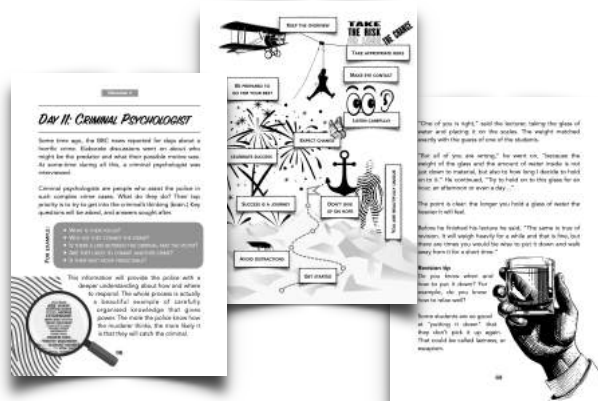
HOW CAN YOU LET GO AT THE RIGHT TIME?

31 CHAPTERS FOR 31 DAYS



Glia Learning
education that sticks

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HUMANUS GEMERASO'S FORGETTING CURVE

Time	Retention
1st day	80%
2nd day	75%
3rd day	70%
4th day	65%
5th day	60%
6th day	55%
7th day	50%
8th day	45%
9th day	40%
10th day	35%
11th day	30%
12th day	25%
13th day	20%
14th day	15%
15th day	10%
16th day	5%
17th day	0%

