

Studyforge — Concept Poster

Print this and pin it up — an at-a-glance map of the Studyforge cast and the ideas each one carries. Come back to it whenever you want to remember who teaches what.

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Meet the cast — and what each one teaches

Character	What they carry
Silas	Goal-setting
Elowen	Planning / time-blocking
Thatcher	Retrieval practice
Marlowe	Spaced review
Anwen	Self-testing / self-assessment
Soren	Focus & attention
Delphine	Note & encoding strategy
Idris	(Mentor) — guides reflect-on-approach

Key ideas at a glance

The big concepts this cast helps you master:

- Goal-setting: specific, checkable, learning > performance goals

- Planning, realistic time blocks, if-then plans
 - Testing effect: recall beats re-reading
 - Distributed practice beats cramming
 - Calibration: judge honestly what you know
 - Mix problem types to sharpen discrimination
 - Single-task; manage distraction
 - Own-words encoding, not transcription
 - Assemble the strategies before a test
 - Monitor → adjust → make a study plan
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