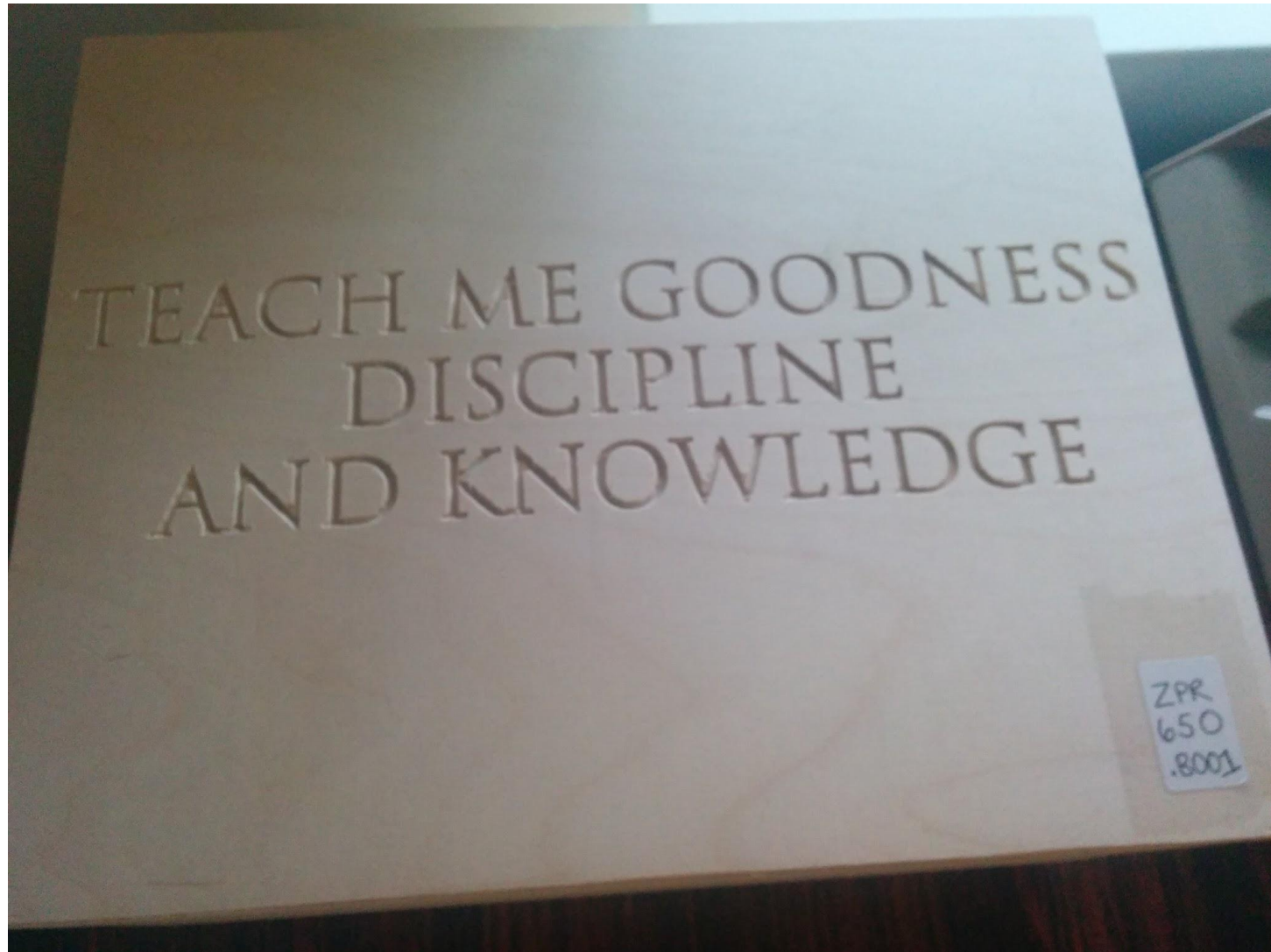


WILL UNIVERSITY STUDENTS BORROW A WOODEN BOX  
BEARING THE ENGRAVING "**TEACH ME  
GOODNESS, DISCIPLINE  
AND KNOWLEDGE?**" THAT IS  
FILLED WITH OBJECTS UNKNOWN?

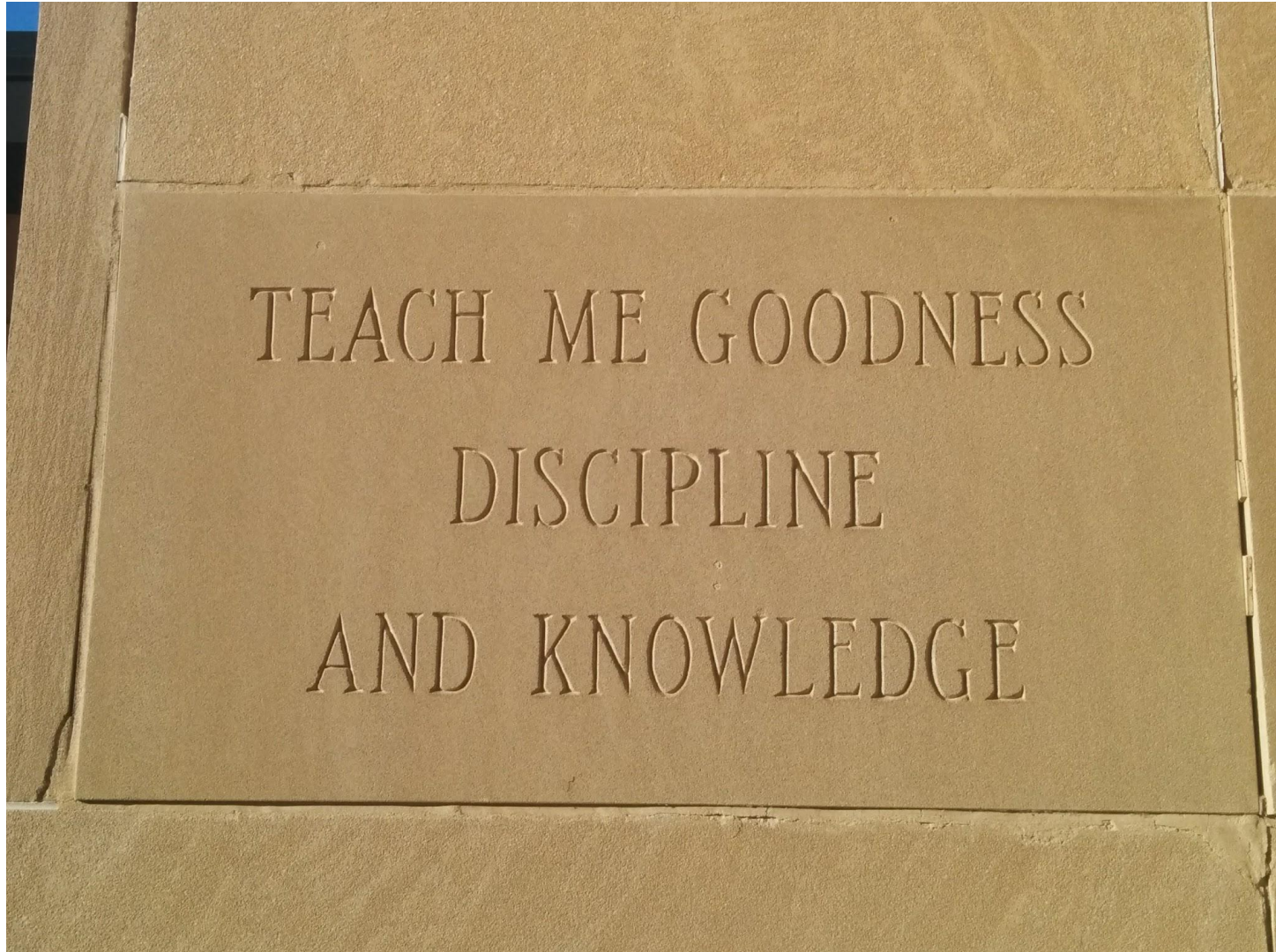
MITA WILLIAMS, LEDDY LIBRARY, UNIVERSITY OF WINDSOR  
OLA SUPERCONFERENCE, FRIDAY, FEBRUARY 3RD, 2017

No.

LET'S BACK THIS UP. HERE'S THE BOX IN QUESTION...



ITS INSPIRED BY THIS CORNERSTONE OF THE LEDDY LIBRARY



# INSPIRATIONS...



- Tools
- Art Tools
- Home Tools
- Music Tools
- Science Tools
- Games

## About Science Tools

Science Tools help you explore the world around you in fun and creative ways. Get an up close can turn up under logs and in puddles. Devise environmental experiments with a variety of h; on the moon with a telescope.



# INSPIRATIONS...



ac  
@colgoni

Following

I'm excited about an idea for an @iSci Sci Lit class I'm brainstorming themed The Science of Studying.

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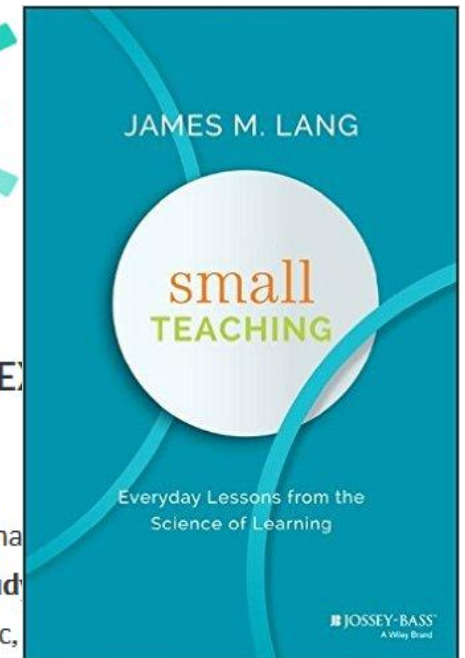
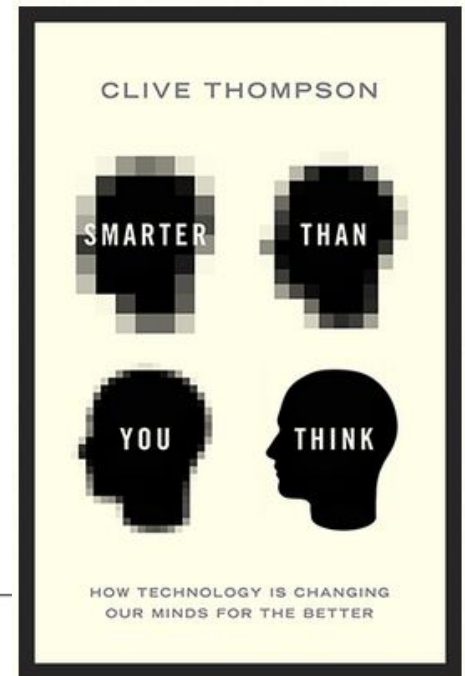
[AMSA Graduate, Professional & Supporting Members](#)

# firecracker



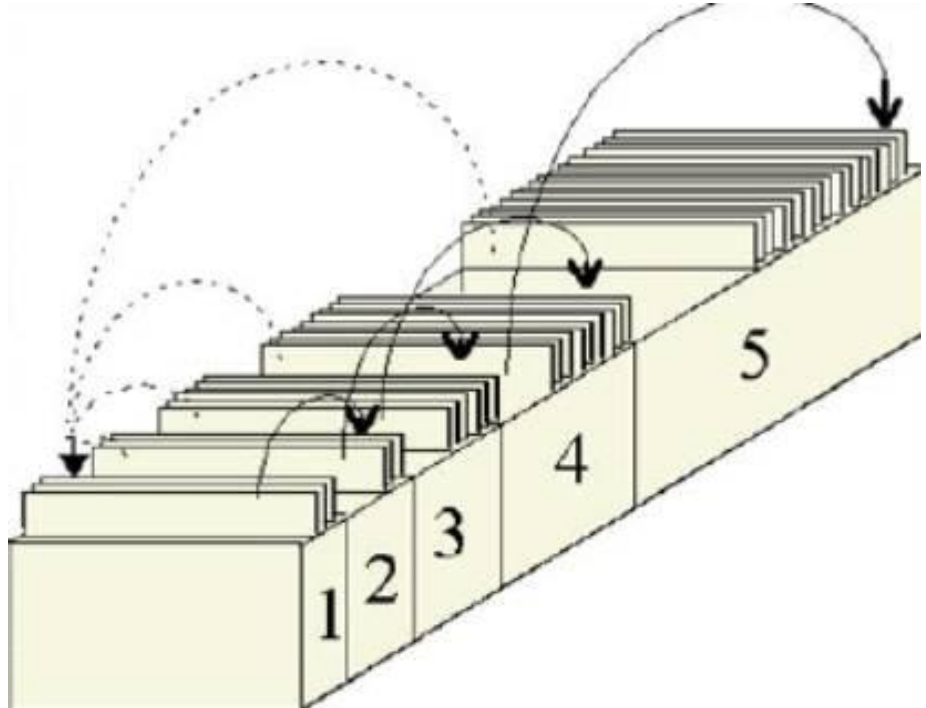
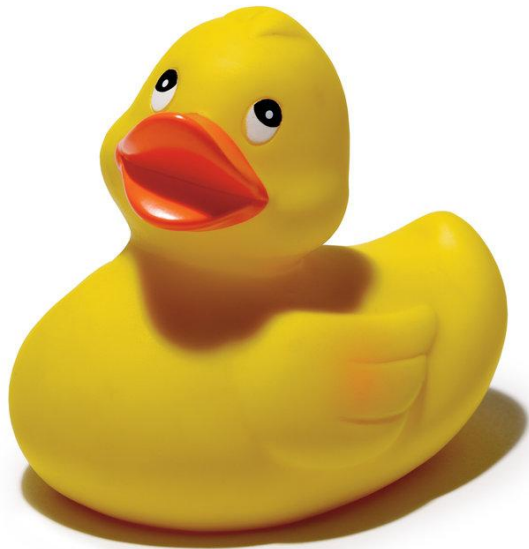
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WHAT'S INSIDE THE BOX? WHAT'S INSIDE THE BOX!!!!!!

# TEACH ME KNOWLEDGE

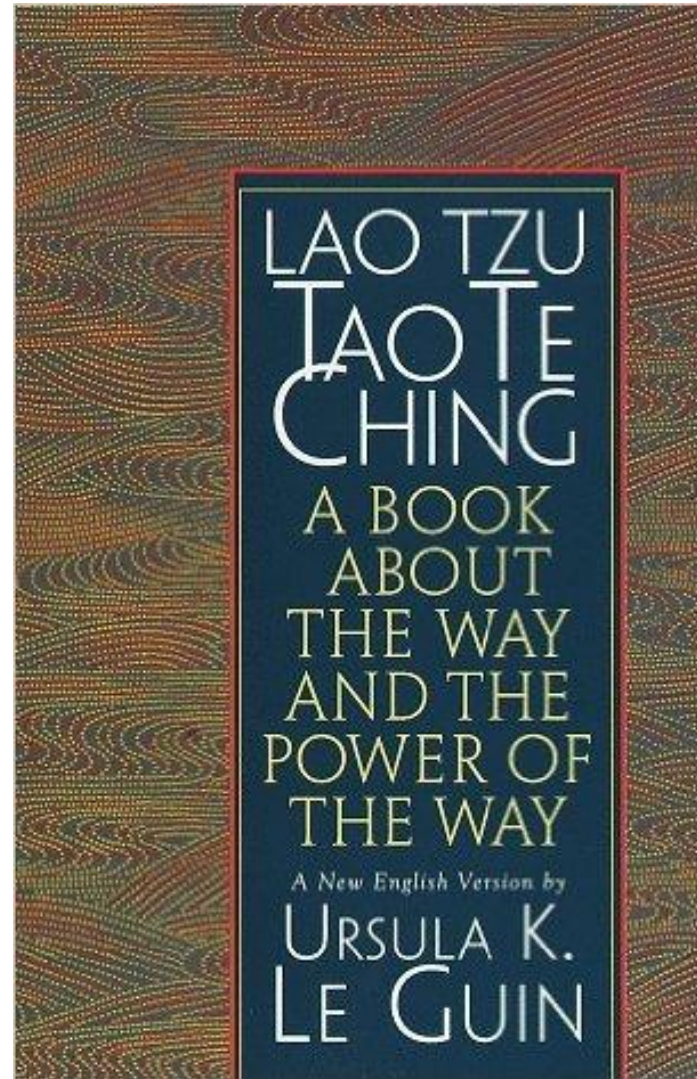




# TEACH ME DISCIPLINE



# TEACH ME GOODNESS



# EACH OBJECT HAS A LITTLE ZINE THAT EXPLAINS EVERYTHING

<p>If you find that you don't have enough strength to get through 25 minutes of the task at hand, you might want to consider apps that block the more distracting websites that you tend to visit.</p> <p>To learn more about these, you might want to check out Thomas Frank's video, "How to ACTUALLY Stop Wasting Time on the Internet" (College InfoLink, <a href="https://www.youtube.com/watch?v=gwWvWk">https://www.youtube.com/watch?v=gwWvWk</a>)</p> <p>Just make sure that you get back to work after watching the video.</p>	<p>6. Every 4 Pomodoros, Take A Longer Break</p> <p>Once you've completed four pomodoros you can take a longer break. 20 minutes is good. Or 30. Your brain will use this time to assimilate new information and rest before the next round of Pomodoros.</p> <p>"The Pomodoro Technique" by Francesco Carlini  <a href="https://art42.com/paper/4/pomodoro-technique/">https://art42.com/paper/4/pomodoro-technique/</a></p> <p>Some people use the Pomodoro technique for better focus and the other for better mental agility. Still others use it enjoy breaks between tasks without guilt.</p>	<p>Tim Urban writes about a variety of topics on his blog, <a href="http://WaitButWhy.com">Wait But Why</a> (<a href="http://waitbutwhy.com">http://waitbutwhy.com</a>) where the some of his most popular posts have to do with procrastination.</p> <p>One of the reasons why Tim's posts on procrastination are so popular is that they are written by someone who understands the suffering and other emotional states of the procrastinator.</p> <p><i>I'm not a professional at any of this, just a lifelong procrastinator who thinks about this topic all the time. I'm still in a total battle with my own habits, but I have made some progress in the last few years, and I'm drawing my thoughts from what's worked for me.</i></p>	<p>The creator of the Pomodoro Technique describes it as such:</p> <ol style="list-style-type: none"> <li>1. Choose A Task You'd Like To Get Done              Something big, something small, for a million years, it doesn't matter. What matters is that it's something that deserves your full, undivided attention.</li> <li>2. Set The Pomodoro For 25 Minutes              Make a small goal so you can spend 25 minutes on this task and I will do it. After all, it's just 25 minutes, will not interrupt myself. You can.</li> </ol>
<p><b>Learning Objects</b></p> <p>December 2016              Mita Williams  <a href="http://aedileworks.com">aedileworks.com</a>              cc-by</p>	<p><b>TEACH ME DISCIPLINE</b></p> <p><i>The Panic Monster</i></p>	<p>3. Work On The Task Until The Pomodoro Rings              Immerse yourself in the task for the next 25 minutes. If you suddenly notice you have something else you need to do, write the task down on a sheet of paper.</p> <p>4. When The Pomodoro Rings, Put A Checkmark On A Paper              Congratulations! You've spent an entire, interruption-free Pomodoro on a task.</p> <p>5. Take A Short Break              Breathe, stretch, grab a cup of coffee, go for a short walk or do something else relaxing (ie, not work-related). Your brain will thank you later.</p>	<p>Enclosed are two of Tim Urban's posts on procrastination:</p> <ul style="list-style-type: none"> <li>• Why Procrastinators Procrastinate</li> <li>• How to Beat Procrastination</li> </ul> <p>In them, we are introduced to some important characters:</p> <ul style="list-style-type: none"> <li>• The rational decision maker</li> <li>• The Instant Gratification Monkey</li> <li>• The Panic Monster (enclosed)</li> </ul>

HOW CAN I CONVINC  
STUDENTS TO BORROW THE BOX?

**I don't know.**

**Please send me ideas @copystar or mita@uwindsor.ca**