Practical learning course tracker

Use the two available lessons to complete a small learning cycle: choose a manageable action, try it and check what happened. This sheet keeps the original intention beside an observation from the attempt. The course currently teaches in Russian, while these English instructions are written for independent practice. Only the published lessons are represented; a larger future course is not implied.

My goal:

Day 1 ◯	Day 2 ◯

Mark completed days; after a missed day, continue with the current task.



Course

Daily tasks and notes

▫ Day 1

Choose one real interface and one change you can finish in ten minutes. Name the user action it should support, make the change and record what you expect to improve.

What did you observe while practising “Choose a small step”, and which result will you test next?

▫ Day 2

Ask another person to complete your chosen interface task without hints. Note where they pause, compare the result with your original intention and choose one small adjustment to test next.

What did you observe while practising “Check the result”, and which result will you test next?

Reflection and next step

How to use

1. Choose a real task small enough for one attempt. Name the interface or situation and a change you can make in ten minutes. Reduce a broad learning ambition to an action with a visible finish line.
2. Before the first lesson, write the expected outcome in plain words. Try the action and save an example: a screenshot, a short passage or a sketch. The first mark records a completed attempt rather than a perfect performance.
3. For the second step, check the example with another person or a specific criterion. Avoid giving hints in advance. Record a pause, misunderstanding or difference from the intended outcome so the next adjustment has evidence behind it.
4. Compare the intention with the observation after the second mark. Choose one further change and a time to try it. If the steps are separated by a break, return to the saved example instead of replacing it with a new broad goal.

Which actions helped? What will I simplify next time? Which small step will I take tomorrow?

Keep practising

This tracker accompanies the course “Как учиться на практике”. Use the paper for check marks and observations, and open the lessons for explanations and practical exercises. The course currently teaches in Russian; the tracker has an independently written English edition. Its steps match the lessons that are actually available.

https://sprintcourse.com/ru/courses/learning-practice